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PAGE 29

It's a tough job, but somebody does it

Fighting wildfires takes moxie, to be sure, but when the Heatseekers Unit arrives at the doorstep of an inferno, they're all about safety PAGES 22-23

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Impact of post-secondary cuts revealed

Classes set to resume. Program, faculty losses felt in all corners of the province

JEREMY NOLAIS
jeremy.nolais@metronews.ca

In all likelihood, 19-year-old Connor Chisholm will be a member of the Mount Royal University jazz program's final graduating class.

The diploma offering, described by some as the best of its kind in Canada, was among a slate of programs suspended at the school last April in response to provincial funding reductions of up to 10 per cent.

Mount Royal will also make due with dozens fewer faculty and staff when classes resume next week, including some that would have taught in Chisholm's area. He will still be given the opportunity to complete his second and final year of study, but worries about longer-term repercussions.

"It sucks ... the jazz band scene, the music scene in general, is just something I love," he said. "I know graduates even after their second year that still come back and jam with the students."

Metro reviewed financial plans and consulted with representatives from the province's 20 major universities, colleges and polytechnics to provide a comprehensive overview of the total impact on the system to date.

All told, schools plan to suspend or completely eliminate 45 programs, close satellite campuses and community learning facilities, as well as trim more than 500 positions.

When it comes to enrolment, half of the schools analyzed will attempt to do more with less and increase their student bodies by anywhere from a marginal level to more than 10 per cent. A couple of institutions will hold the line on students while six others will combine to reduce the number of learners on their campuses by more than 1,200.

Advanced Education Minister Thomas Lukaszuk said this represents a "teachable moment" and some post-secondary institutions can learn from the way others are dealing with the budget cuts.

"It's important for all of us to come to assistance and say 'Let's share best practices, let's bring in a third set of eyes, let's look at how we get you out of this,'" he said.

FOR A SCHOOL-BY-SCHOOL BREAKDOWN OF ALBERTA'S POST-SECONDARY CUTS TO DATE, TURN TO PAGE 12.

Mount Royal University student Connor Chisholm has been playing a sombre tune on his trumpet since the government slashed post-secondary operating grants in the spring. JEREMY NOLAIS/METRO

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NEWS 1

Doug Horner, the province's minister of finance and Treasury Board president, discusses Alberta's 2013-14 first-quarter fiscal update in Edmonton on Thursday.
JASON FRANSON/THE CANADIAN PRESS

Flood recovery has 'a very high price tag'

'Unprecedented disaster.' Finance Minister Doug Horner confirms premier's earlier estimate of $5B final tab

Alberta's finance minister says the bills are coming in for flood recovery in southern Alberta and the price tag is "very high."

Doug Horner says $148 million has been spent so far on flood relief and another $556 million has been allocated for the coming months.

Horner, who was giving the province's first-quarter budget update Thursday, confirmed Premier Alison Redford's earlier estimate that the final bill to be shared by insurers and three levels of government will be around $5 billion.

"This was an unprecedented disaster and it comes with a very high price tag," Horner said.

"The June floods precipitated the immediate evacuation of about 100,000 people from their homes (and) more than 14,500 homes have been damaged."

Raging waters June 20-21 after a torrential downpour swamped downtown Calgary and its low-lying neighbourhoods and inundated many surrounding communities. The town of High River was devastated. Redford immediately promised $1 billion in relief.

Liberal Leader Raj Sherman said Horner's update was the first true account of what the government's failure to prepare for a flood has cost. He noted that the province didn't follow through on recommendations following flooding in 2005 and, in 2012, didn't apply for money from the federal government for flood mitigation.

"(As a result) we are heading into possibly another $5 billion in (flood) costs, not to mention the negative effects on the economy and the disruption of the lives of Albertans," said Sherman.

THE CANADIAN PRESS

Splitting the bill

About $1.7 billion of the $5 billion cost is expected to be covered by insurance companies, Horner said.

- The rest will be up to governments, but it hasn't been determined who owes what.

Fiscal update in numbers

$211M

The province saw revenue of $211 million more than they expected in the first quarter, driven by higher oil prices. Total revenue was $9.9 billion.

$142M

Each dollar increase over a budget year in the price of oil results in $142 million more for the province.

0.2%

The increase in GDP expected this year, despite flooding across much of southern Alberta. GDP is expected to grow 0.4 per cent in 2014, the province said. Increased business to repair damaged homes, businesses and roads is behind the jump, the province said.

$113M

The province spent $9.2 billion in the first quarter, about $113 million less than expected.

$7.50

Right now, at $110 per barrel, oil is $7.50 higher than the province's budget estimate.

$451M

The predicted budget deficit on day-to-day spending. The province thinks that it may break even this year, or possibly run a surplus.

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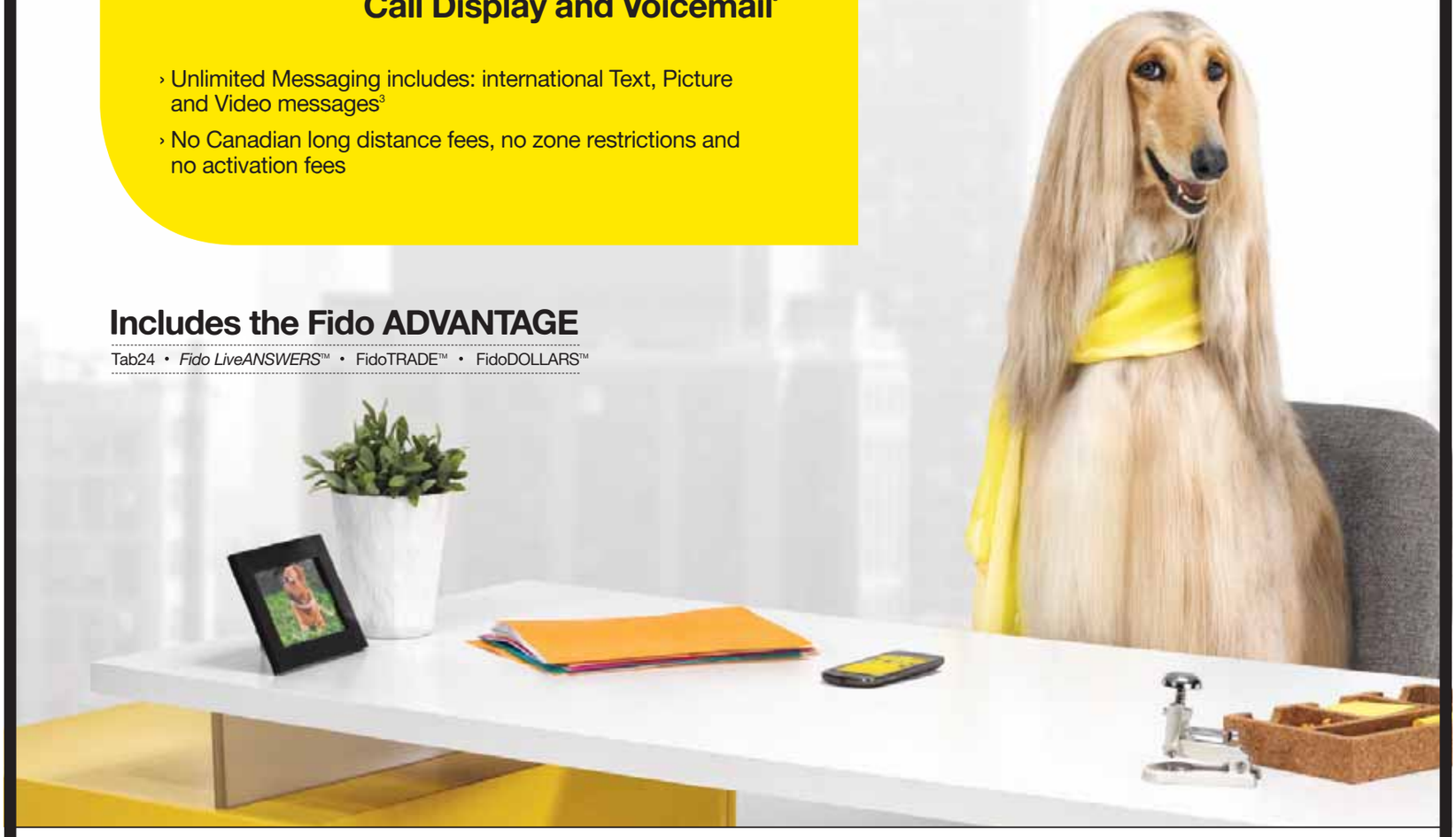

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Sports and rec touted for back-to-school stress

Flood damage. Elbow Park students to attend Eugene Coste School, while waiting for modular classrooms to house them later

ROBSON FLETCHER
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Back-to-school stress is likely to be heightened for some flood-affected students this year, according to a leading child and adolescent psychiatrist, but parents can effectively combat it through sports and other extracurricular activities.

"Anything that's repetitive or patterned reduces the anxiety or stress response," said Dr. Chris Wilkes, a medical director with Alberta Health Services and associate professor at the University of Calgary.

"Any sports or recreation — that handles anxiety brilliantly," he said. "Whether it's sports or dancing or music, those sort of things are so helpful."

With clear communication and direction from adults, most children who have been displaced from their homes or regular schools as a result of the June flooding will adjust to changes in routine quite well, Wilkes said.

"However, there is going to be that smaller group … who are going to be particularly vulnerable to changes," he said.

"For them, it's going to be particularly important that they have additional time and support."

Support services are available directly through schools, said a Calgary Board of Education spokesperson.

Parents and students can also call 211 for general information and referrals to a variety of community, government and social services, said Jerilyn Dressler, a senior manager with Distress Centre Calgary.

"We have been talking with people about the flood," she said.

"Especially for kids going back to school, this is a really significant impact for them."

Calgary child and adolescent psychiatrist Dr. Chris Wilkes says even basic lap swimming, done regularly, can be helpful in easing young people's stress and anxiety levels. THE CANADIAN PRESS FILE

Food trucks, restaurants can co-exist: Aldermen

City council members say they will watch closely as a new bylaw comes into effect that will lay out rules and regulations for Calgary food trucks like this. METRO FILE

Aldermen set to dive into the rules and regulations of a new bylaw governing Calgary food trucks say there's room for both the curbside eateries and traditional restaurants to flourish in a city filled with grumbling tummies.

This comes as the Canadian Restaurant and Foodservices Association says nearly half of its members have concerns the popular trucks will eat into the bottom line of nearby restaurants. A representative said Wednesday he plans to visit a city committee that will mull the bylaw next Friday and advocate for a cap on the number of licences issued.

Still, Ald. John Mar said Thursday he's not convinced the trucks are competing for the same customers as brick-and-mortar establishments.

"When I go to a food truck, it's food on the go," he said. "It's a difference experience … in a restaurant, I'm there with my family in an environment where if somebody wants a glass of wine, they can do that.

Still, Ald. Druh Farrell, who sits on the committee with Mar, said council needs to show a level of "sensitivity" to standard restaurants as they typically cope with higher overhead costs.

"We're trying to encourage healthy small business and having a restaurant requires significant investment and overhead that is not required from food trucks," she said, before adding, "there's room for both, but we need to be aware of the possible issues and be responsive."

Calgary currently has 45 licensed food trucks at the tail-end of a two-year pilot project. JEREMY NOLAIS/METRO

Charter schools

With big waitlists, schools yearn for room to grow

Jay Pritchard employs a full-time staff member whose primary job function is to put student applicants on the wait list at Foundations for the Future Charter Academy.

Pritchard, the academy superintendent, has about 3,100 students signed up for this fall — including 420 new members — but maintains a roster of 8,740 other learners waiting patiently to get in.

In June, Metro first reported on a letter from Alberta Education Minister Jeff Johnson to Calgary Board of Education trustee chair Pat Cochrane informing her that six new schools announced for the organization were "conditional" on them supporting plans for expanding charters like Foundations.

The letter was met with criticism, alleging charter schools are publicly-funded private schools for the middle class and hurt equality among students. Charters have the ability to pick and choose from student applicants and can put caps on teacher-to-student ratios.

Pritchard said he viewed Johnson's letter as a positive step, but isn't holding his breath on cutting the ribbon at facilities in the near future.

"The dilemma really is the Calgary (public) board is growing, the Catholic board is growing," he said. "They don't want to close schools, they don't have the space for the kids they do have."

The CBE noted at the time that its system-wide utilization is expected to verge on 90 per cent and it will need 25 new schools in the next half-decade to keep pace with rising enrolment.

Other charters, like the Calgary Arts Academy, do have plans to expand, but principal Josh Van Beers kept his cards close to his chest when asked a for timeline. JEREMY NOLAIS/METRO

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1 size won't fit all students at new Calgary high school

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JEREMY NOLAIS
jeremy.nolais@metronews.ca

There was a spring in principal Chris Meaden's step as she toured the halls of Robert Thirsk High School, pausing on occasion to engage a staff member weary from a hard day's work.

She's spent more than a year preparing for a big unveil Tuesday, when Thirsk's doors will be thrown open and 850 Grade 10 and 11 students are expected to pour in.

It will be Calgary's first completely new public high school to open in nine years — though one replacement facility at Ernest Manning did cut its ribbon in 2011 after the original site was demolished to make way for Calgary's West LRT.

Meaden said there's little doubt that countless Calgary families have waited anxiously for Thirsk, nestled just north of the Crowfoot Crossing Shopping Centre, to open.

"They just keep coming through the doors," she exclaimed Thursday during a tour of the facility.

Community engagement has been key from the start, as the public was asked to vote on the school's name — eventually settling on one of Calgary's highest-regarded astronauts — and that of its sports teams.

For the record, the Robert Thirsk Comets football team took the field for its second practice Thursday and Meaden said the intent is to participate in all high school sports providing there is interest among students, staff and parent volunteers.

"It's that old adage that it takes a village," she said. "It does, and this village has wrapped around us."

Thirsk is primarily an open-concept design developed purposefully to reinforce its approach to personalized learning. Each wing of the school is divided into a smaller "community" consisting of between 150-180 students. Teachers in each wing will strive to develop a personal relationship with each student and provide tailored guidance to them, Meaden said.

The school will also be the first Calgary Board of Education facility to develop its own rooftop garden. It features brightly coloured common areas with Z-shaped chairs that allow students to rock back a little, and a more updated library collection than one might find in an older building.

There is a technology-driven lab where students can conceive the design for everything from a robot to a kitchen cabinet, and then a shop next door where they can get down and dirty and bring their creation to life.

Meaden said the intent is to include as many career-and-technology opportunities under one roof as possible.

"You have to consider each student individually ... it's not a one-size-fits-all thing anymore," she said.

Area trustee Joy Bowen-Eyre's daughter will be among the first to attend Thirsk. She toured the facility Thursday and said it's been a long time coming.

"My husband and I moved into Arbour Lake in 1995 — we were promised a high school then," she said. "It has been 18 years ... I think the families in these communities are so excited to have a brand-new building and to allow their kids to walk to school."

Next year, Thirsk will move its oldest students into Grade 12 and officials expect the site to hit its 1,500-student capacity by fall 2015.

Principal Chris Meaden is eager to welcome students and parents into Calgary's new Robert Thirsk High School. JEREMY NOLAIS/METRO

A long time coming

"My husband and I moved into Arbour Lake in 1995 — we were promised a high school then.... I think the families in these communities are so excited to have a brand-new building and to allow their kids to walk to school." Area trustee Joy Bowen-Eyre

Online

To see photos of Robert Thirsk's interior, head to metronews.ca.

A common area, known as "The Space," is seen inside Robert Thirsk High School. JEREMY NOLAIS/METRO

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Fans flock to Calgary Shaw Charity Classic

Fans of the greats.
Golf event a bonding experience for some

Walking up to the admission gates of the Shaw Charity Classic, nine-year-old Laughlin Ramsay and his dad came prepared.

"He's got his Sharpie," said Scott Ramsay, as Laughlin whipped around to show off the marker on his backpack.

"You've got Fred Couples, you've got Nick Price, and they're both the captains of the Presidents Cup, so it would be nice if we could get a picture with both of them or an autograph from both of them," said Scott.

As a longtime golf fan, Ramsay said, he was happy to share his first big-time tournament experience with his son.

"There's a couple older guys that won a few majors that when I was his age I watched. I'm excited to see them."

The stop is part of the Champions Tour, with events running from Aug. 26 to Sept. 1. Local children's charities such as Kids Cancer Care Foundation of Alberta and the United Way's "All-In" For Youth will benefit.

Arriving early, shortly after the gates opened at 7 a.m., paid off for George, a fan who managed to get about 25 signatures on his hat.

"Fred Couples, Nick Price, Tom Kite, Tom Lehman ... there's a whole bunch of other ones that are just as nice. They're all very approachable. They work well with the fans," he said.

"I think it's great — great for golf and great for people in the city." KATIE TURNER/METRO

Scott Ramsay and his son Laughlin, 9, planned to take in at least two days of the Shaw Charity Classic with several golf legends. KATIE TURNER/METRO

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Alberta Government

CALGARY OFFERS A LIVING, BUT MARITIMES OFFER A LIFESTYLE

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

I left New Brunswick eight years ago but I try to get home as much as possible.

So last week I returned to the land of humidity, McLobsters and HST for my annual vacation. I love catching up with my friends and family and hearing about their busy lives and growing families, but, as is becoming more and more the case, we usually end up talking about Alberta.

When it comes to jobs on the East Coast, I have to be honest and say that the situation doesn't seem good. According to StatsCan, New Brunswick's current unemployment rate is an unsettling 11.2 per cent, while Alberta is hovering around the five per cent mark.

While I was home, I read a story that was about a small village named Doaktown, which is struggling to avoid becoming a ghost town since every single one of its tradesmen has moved out West looking for better pay.

Recently, my hometown of Fredericton played host to two different Alberta job fairs that attracted thousands of people frustrated with the lack of jobs in the East.

While this particular trip home offered up the relaxation and great memories that I'm used to, it also helped open my eyes to see that, living in Calgary, we sometimes take for granted just how much career flexibility this city affords you.

But here's the thing: I don't feel bad for anyone in the East; in fact, this trip, like every one before it, reminded me just how great it would be to live on the East Coast.

We should all be envious of the Maritime lifestyle, and I wish we'd all take a cue from the way they live their lives.

The truth is, while the jobs in places like N.B., N.S. and P.E.I. might not be plentiful, during my eight days in the Maritimes, not once did my friends or family complain about their life there. Because, in reality, they have it pretty good. Their work stays at work, they're home in time for supper, they have nice houses but don't live in the suburbs, they drive good cars, and on any given day they get to see their families and childhood friends.

That's something that I've wished that I could do every day since I moved out here all those years ago.

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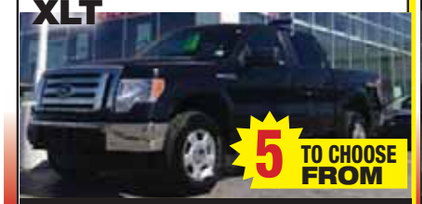

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Well-loved play structures embraced in a foreign land

Angels for Mexico.
Founder says program helps local kids learn how much they have

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary play structures that have reached the end of their lifespans are finding new homes in impoverished areas of Mexico, through the work of local volunteers.

"This is like Disneyland for children down there," said Christena Callaghan, founder of Angels for Mexico. "It really is. They don't have anything remotely close."

For their latest mission, Callaghan plans to take two dozen Calgarians to an area near Puerto Vallarta in late September to re-assemble a play structure that used to stand at Monsignor Neville Anderson School.

Rande Mergerenn has been involved with Angels for Mexico for the past five years and helped build a play structure on a previous trip, which he said was an incredibly gratifying experience.

"When they finally cut the ribbon and said the kids could hit the playground ... I think there had to be 150 kids," he said. "They were just so excited."

The play structure the group builds on the upcoming trip will be dedicated to Mergerenn's wife Karen, who died seven years ago.

He said Puerto Vallarta has been a "second home" to his family and that Karen's mother lives there now.

"She's pretty excited that we're doing something there and it's something she can go see that's been dedicated in honour of her daughter," he said.

Callaghan said the group is still looking for two more volunteers to make the trip and help build from Sept. 21-28.

Volunteers pose with a playground they rebuilt in Puerto Vallarta in May 2011. The group plans to build another playground in Mexico in late September. CONTRIBUTED

Funeral set for Calgary student killed in crash

Spencer Hanson, left, and Josh Wozny died in a crash Wednesday. FACEBOOK

Friends and family will gather Friday to remember an 18-year-old Calgary student killed in a crash early Wednesday.

Josh Wozny, 18, died at the scene of the incident at Elbow Drive and 30th Avenue S.W. along with friend Spencer Hanson, also 18, who was travelling in the same vehicle.

The pair had been at a party earlier, and police are investigating both speed and alcohol as possible reasons why the car careened off course and slammed into a light pole.

Friends have established a memorial to honour both men at the crash site.

The Wozny family published an obituary online early Thursday.

"Beloved son, brother, grandson, nephew and friend, Josh came into this world six weeks early and has now left us far too early," it reads. "Josh blessed us with his mischievous smile, his wonderful sense of humour, his intelligence and his big heart. Josh was an accomplished athlete and enjoyed playing hockey with the Calgary Royals. Known for his love of his friends and his dog Charlie, his fierce sense of competition and experiencing everything life had to offer, Josh was always game for the next adventure."

A family friend said Wednesday that Hanson's family was travelling back from Europe to make funeral arrangements. JEREMY NOLAIS/METRO

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Death by 147 million cuts

The province slashed $147 million from the Advanced Education ministry in the last budget. As the first day of school approaches, Metro tallies the direct effect of cuts to Alberta post-secondary institutions. (Independent schools unaffected by cuts were not included.)

COMPILED BY JEREMY NOLAIS/METRO
jeremy.nolais@metronews.ca

Athabasca University (online)
- Courses: No change
- Staff: 44 laid off; 35 bought out
- Enrolment: Increase of 6%

Alberta College of Art and Design
- Courses: No programs, but 13 classes lost
- Staff: No change
- Enrolment: Expected to rise slightly

Bow Valley College
- Courses: No change
- Staff: No change
- Enrolment: No change

Mount Royal University
- Courses: 8 suspended, enrolment reduced in 3
- Staff: 63 FTE positions lost
- Enrolment: Expected to rise slightly

SAIT
- Courses: No change
- Staff: No change
- Enrolment: Increase of 3%

University of Calgary
- 19 low-enrolment programs cut
- 50 positions lost
- 245 student positions lost in arts, medicine, nursing

Red Deer College
- Courses: 2 suspended programs
- Staff: 32 positions lost
- Enrolment: Numbers unavailable

Olds College
- Courses: Deferred student intake
- Staff: Up to 5 positions lost
- Enrolment: Increase of 10%

Lethbridge College
- Courses: 3 suspended programs
- Staff: 12 full-time staff lost
- Enrolment: Expected to increase 4%

University of Lethbridge
- Courses: 2 suspended programs
- Staff: 34 positions vacated, union could work fewer days
- Enrolment: Increase of 11%

Medicine Hat College
- Courses: 1 suspended in 2014
- Staff: 1 position lost
- Enrolment: 16 student nursing positions lost

Grande Prairie Regional College
- Course: 4 programs suspended
- Staff: 45 positions lost
- Enrolment: Expected to rise 4%

Keyano College
- Courses: No change
- Staff: No change
- Enrolment: Expected to rise slightly

Portage College
- Courses: Loss of Vegreville campus
- Staff: 15 full-time positions lost
- Enrolment: 18 student positions lost

Northern Lake College
- Courses: 5 community facilities shut
- Staff: No changes
- Enrolment: 113 student positions lost

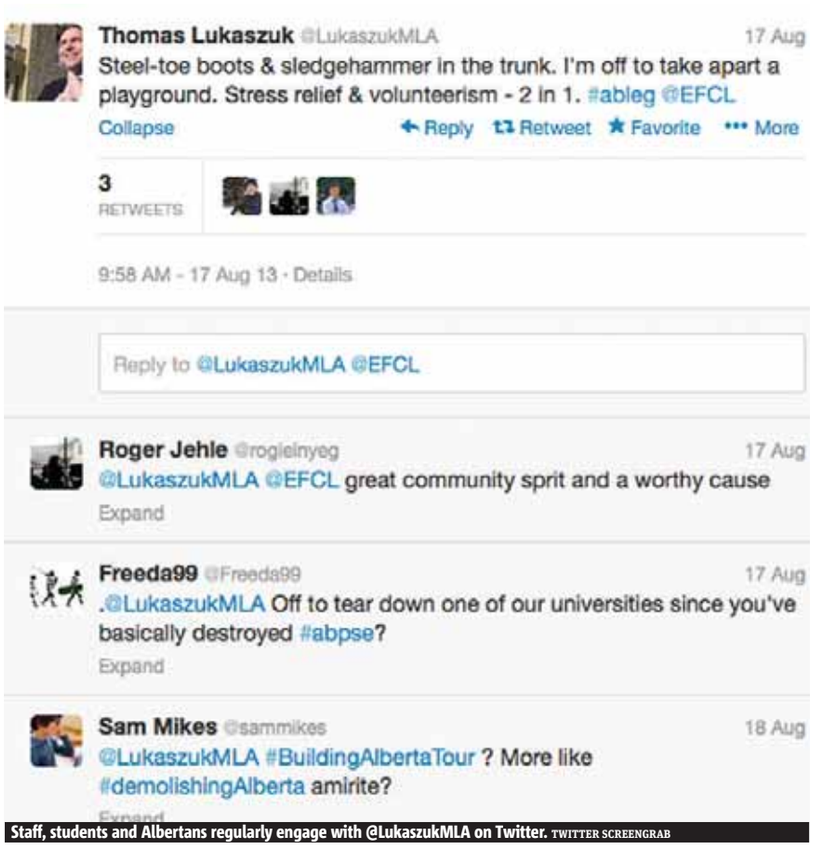
University of Alberta
- Courses: Suspending 20 low-enrolment courses
- Staff: No firm numbers on layoffs, voluntary buyouts sought
- Enrolment: 600 students lost in science faculty

NAIT
- Courses: No change
- Staff: 90 staff positions lost
- Enrolment: Increase of 6%

MacEwan University
- Courses: No change
- Staff: No change
- Enrolment: No change

NorQuest College
- Courses: No change to programs
- Staff: 50 positions lost, 10 early retirees
- Enrolment: Small reduction in students

Lakeland College
- Courses: 5 programs suspended
- Staff: 40 positions lost over 2 years
- Enrolment: Cut of 227 students


Thomas Lukaszuk @LukaszukMLA 17 Aug
Steel-toe boots & sledgehammer in the trunk. I'm off to take apart a playground. Stress relief & volunteerism - 2 in 1. #ableg @EFCL
Collapse Reply Retweet Favorite More
3 RETWEETS
9:58 AM - 17 Aug 13 · Details
Reply to @LukaszukMLA @EFCL
Roger Jehle @rogielnyeg 17 Aug
@LukaszukMLA @EFCL great community sprit and a worthy cause
Expand
Freeda99 @Freeda99 17 Aug
.@LukaszukMLA Off to tear down one of our universities since you've basically destroyed #abpse?
Expand
Sam Mikes @sammikes 18 Aug
@LukaszukMLA #BuildingAlbertaTour ? More like #demolishingAlberta amirite?
Expand

Staff, students and Albertans regularly engage with @LukaszukMLA on Twitter. TWITTER SCREENGRAB

#abpse: Higher ed in the Twitter age

Social media. Students, staff regularly tweet minister Lukaszuk about budget cuts

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

When Deputy Premier Thomas Lukaszuk started using Twitter more than a year ago, he was a skeptic. Today, he has tweeted more than 8,000 times and has nearly 6,300 followers.

Several times a day, when he has a free moments, Lukaszuk pulls out his iPhone and scrolls through Twitter, browsing through feeds that are of interest, conversing with Albertans and sending information to students, stakeholders and media in an "unfiltered" way.

"It serves the purpose that I choose to use it for," says Lukaszuk, the minister of enterprise and advanced education.

As students head back to class and institutions grapple with budget cuts, more Albertans are going on Twitter to discuss post-secondary education.

Mount Royal University political-science professor Duane Bratt says in addition to high levels of engagement with Lukaszuk, the #abpse hashtag is being used by professors from different departments and universities — who wouldn't normally be talking to each another — to share information.

"It's very different. It's an interesting dynamic that we're seeing," he says.

There are professors who have created Twitter accounts simply to vent to the minister, he says. "I don't think it's had any impact on policy but I think it has on dialogue."

At almost all hours of the day, Lukaszuk receives tweets from students and staff, including professors who list their job titles and full names alongside their account as well as anonymous users who tweet under pseudonyms. And not all of those tweets are nice.

"There are individuals on Twitter who simply choose to be obstructive or insulting or demeaning, but you know what? My skin is a little thicker than that," Lukaszuk says.

#abpse

- Data analysis shows that use of the Alberta post-secondary education hashtag (#abpse) has grown in recent weeks.
- Thomas Lukaszuk said he's noticed more people, both students and academics, engaging with him on the site, particularly staff spending an "extraordinary amount of time" tweeting him between 8:30 a.m. and 4:30 p.m.

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

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2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

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1 cup water or coconut water
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1 tbsp. chia seeds
½ tsp. matcha green tea powder or ¼ tsp. spirulina powder
¼ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Britain opts out of involvement in military action against Syria

Stunning vote. With Britain out, following a vote by Parliament, the U.S. may still go it alone

An Israeli soldier directs a tank at the border between the Golan Heights and Syria. BERNAT ARMANGUE/THE ASSOCIATED PRESS

President Barack Obama on Thursday prepared for the possibility of launching unilateral American military action against Syria within days as Britain opted out in a stunning vote by Parliament.

Facing skepticism at home, too, the administration shared intelligence with lawmakers aimed at convincing them the Syrian government used chemical weapons against its people and must be punished.

Despite roadblocks in forming an international coalition, Obama appeared undeterred and advisers said he would be willing to retaliate against Syria on his own.

"The president of the United States is elected with the duty to protect the national security interests in the United States of America," White House spokesman Josh Earnest said.

Even before the vote in London, the U.S. was preparing to act without formal authorization from the UN. Prime Minister David Cameron argued a military strike would be legal, but he faced deep pressure from lawmakers. THE ASSOCIATED PRESS

On military intervention...

Canada is a 'reluctant convert': PM

Stephen Harper

Canada has no plans for a military intervention in Syria but supports its allies who are contemplating forceful action against that country's regime, Prime Minister Stephen Harper said Thursday.

Harper admitted that lack of international action in light of the apparent use of chemical weapons would set an "extremely dangerous precedent," but added his government has been reluctant on the idea of a western strike.

"Our government has been a very reluctant convert to the idea that there needs to be some western military action regarding the Syrian situation," he said Thursday in Toronto.

"At the present time the government of Canada has no plans, we have no plans of our own to have a Canadian military mission."

Harper said the conflict in Syria is "sectarian in nature" and doesn't appear to have any "ideal or obvious outcomes" for a solution.

He added that Canada stands behind other powers weighing the possibility of a mission. THE CANADIAN PRESS

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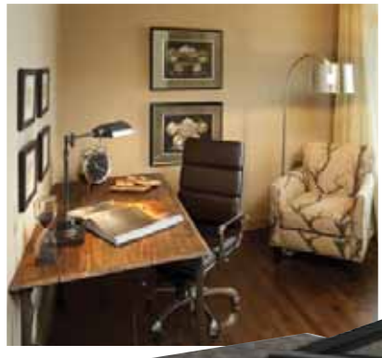

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Lianna McDonald, executive director of the Canadian Centre for Child Protection, left, and Justice Minister Peter MacKay look on as Prime Minister Stephen Harper speaks in Toronto on Thursday. FRANK GUNN/THE CANADIAN PRESS

PM proposes to crack down on child sex offences

Harsher penalties. Tories to introduce legislation aimed at keeping those who sexually exploit kids in prison longer

Child sex offenders, particularly those who victimize several kids, could spend longer in prison under a range of harsher penalties proposed Thursday by the prime minister.

The Conservative government plans to introduce legislation this fall aimed at cracking down on people who sexually exploit children, Stephen Harper announced.

"Sadly, there are truly evil people out there. The fact is we don't understand them and we don't particularly care to. We understand only that they must be dealt with," Harper said at an event in Toronto.

"To protect our children we must create a justice system that is more responsive to victims and especially more responsive to children and to the families of children who have been victimized by sexual predators."

A main plank of the proposed amendments would see people convicted of more than one such offence serve their sentences consecutively, rather than the current system in which sentences are served concurrently.

THE CANADIAN PRESS

Quoted

"Sadly, there are truly evil people out there.... we don't understand them and we don't particularly care to."

Prime Minister Stephen Harper

Canucks in space?

Almost 7,000 Canadians want to live on Mars

A project that aims to put people on Mars in 10 years has fallen short of the expected number of Martian wannabes, but there is no shortage of Canadians willing to live on the red planet.

With the Aug. 31 deadline almost here, nearly 7,000 Canucks have applied to join Mars One — a $6-billion project that plans to establish a colony on Mars by 2023. THE CANADIAN PRESS

British Columbia

Raid uncovers nearly 200 guns

Police have seized nearly 200 guns in a remote area of B.C., arresting a man who investigators allege was purchasing weapons legally and then selling them to the highest bidder.

The province's Combined Forces Special Enforcement Unit announced the seizure Thursday, almost a week after raiding the home of a man in Tatla Lake, more than 300 kilometres north of Vancouver.

THE CANADIAN PRESS

Winnipeg

Alligator removed from home

An alligator was found at a home in Winnipeg. CITY OF WINNIPEG

An alligator was removed from a Winnipeg home on Wednesday.

Police and Animal Services officials received a tip about the two-foot-long reptile. Animal Services is working to find a home for the alligator at a zoo.

METRO

Pot politics. PM: 'Do I seem like I smoke marijuana?'

A cavalcade of cannabis confessions was prompted by Justin Trudeau's admission last week that he's smoked pot in the past. STEVE RUSSELL/TORSTAR NEWS SERVICE

Justin Trudeau has done it. So have premiers Kathleen Wynne and Darrell Dexter.

Even Toronto mayor Rob Ford says he's smoked pot.

Almost everyone on the political scene seems to have tried it, at one point or another, except for Stephen Harper.

The prime minister chuckled during a media scrum Thursday when asked if he too is part of the parade of politicians who've come out recently to concede they've smoked marijuana.

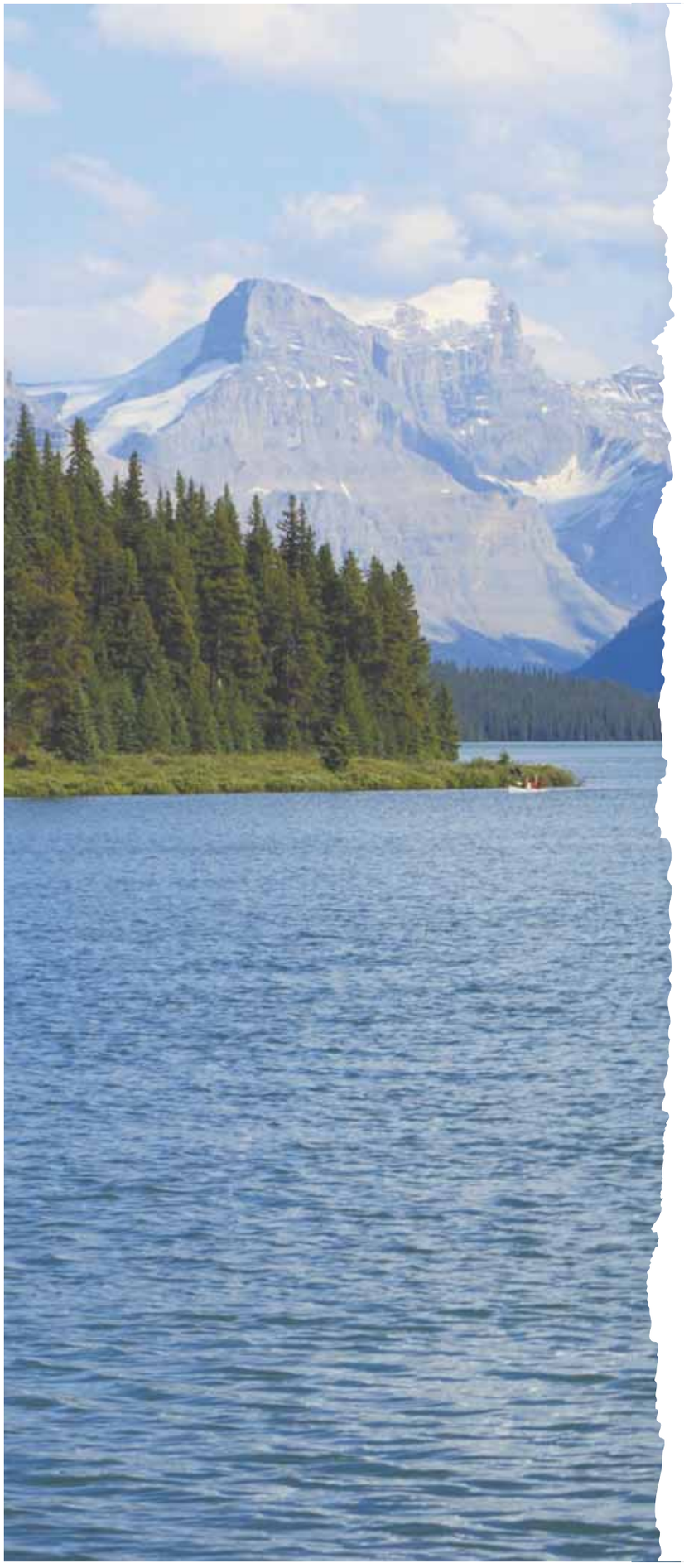
He took the opportunity to hammer Trudeau and the federal Liberals on the issue, accusing them of promoting pot use among children at the expense of developing an economic policy.

"Do I seem like I smoke marijuana?" Harper asked in response to a reporter's question. Harper added his asthma precluded smoking.

"From a very young age, I have been an asthmatic and smoking anything has been out of the question since the time I was very small," he said during an event where he announced the introduction of legislation to better protect children against sexual exploitation.

The cavalcade of cannabis confessions was prompted by Trudeau's admission last week that he's smoked pot in the past. Since then, a bevy of other political leaders have joined the discussion, which has focused attention on a recent Canadian Association of Chiefs of Police proposal that marijuana possession be made a simple ticketing offence.

THE CANADIAN PRESS



If the government let a giant foreign corporation buy up half of Canada's water, you would be outraged.

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This rule could put half of this national resource under foreign ownership and control. Canadians should be outraged. In fact, the results are in and 81% of Canadians said no to special treatment for foreign corporations.*

Find out more at FairForCanada.ca

This is a bad call for all Canadians.

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*Source: Nanos Research Survey, August 2013

Egypt

Prosecutor a no-show for detained Canadians

Two Canadian men being held in Egypt remained behind bars Thursday with no word on their possible release.

Lawyers representing Tarek Loubani and John Greyson, along with a senior Canadian government official, were hoping to meet with a Cairo prosecutor to plead the case for freeing the men.

But the prosecutor failed to show up, and the lawyers were forced to leave the prison where the men are being held as a night-time curfew was approaching.

THE CANADIAN PRESS

Rape

Victim's mother rejects judge's apology

The mother of a teenage rape victim in the U.S. said Thursday that a judge is "just covering his butt" after he apologized for saying her 14-year-old daughter who eventually killed herself was "older than her chronological age."

Auliea Hanlon said Billings, Mont., District Judge G. Todd Baugh's apology was "irrelevant" because he has stood by the 30-day prison sentence given to rapist and former teacher Stacey Rambold. Her daughter, Cherice Moralez, killed herself before Rambold's case came to trial.

THE ASSOCIATED PRESS

Colombia

Youths clash with police in support of farmers

Groups of masked youths backing a 10-day protest by small farmers clashed with tear gas-firing riot police in the Colombian capital Thursday as President Juan Manuel Santos acknowledged "a storm" is battering Colombia's agricultural sector.

The violence in Bogota followed peaceful marches by about 28,000 university students and others in support of the farmers. Six police officers and 10 civilians were reported injured.

THE ASSOCIATED PRESS

Taliban escalate attacks in Afghanistan

New Afghan army recruits stand in formation during a graduation ceremony at the Afghan National Army base on the outskirts of Kabul, Afghanistan. Taliban insurgents staged an evening mountain-pass ambush on an Afghan police convoy patrolling a key highway, killing 15 officers and wounding 10 in western Afghanistan's Farah province, a provincial official said Thursday, the latest in a string of escalating insurgent attacks around the country. AHMAD JAMSHID/THE ASSOCIATED PRESS

Did Kim Jong-un have former flame executed?

North Korea. High-profile singer, allegedly part of Kim dynasty's notorious 'Joy Squad,' turns up dead

KIERON MONKS
Metro World News in London

Twelve people were reportedly executed in North Korea this month on pornography charges. Among them was high-profile singer Hyon Song-wol, a rumoured former lover of the Supreme Leader Kim Jong-un, with many observers suggesting she paid the ultimate price for causing embarrassment.

Hyon Song-wol YOUTUBE

Her case is typical of a culture of sleaze surrounding the leader, North Korean sources told Metro. "Kim Jong-un met and fell in love with Ms. Hyon at a 'Joy Squad' party," a former regime official from Pyongyang said. "She accompanied Kim Jong-un on his business trips to rural areas to spend romantic time alone."

The affair did not last long and the leader now has two "official" women, the insider said, despite the recent birth of a son by Ri Sol-ju, a musician with whom Kim has been able to cultivate a modern image.

The "Joy Squad" is a notorious institution that is part of the Kim family dynasty. "They were royal palaces full of masseurs, dancers, musicians, prostitutes and exotic foreign imports," Jasper Beckett, North Korea expert and author of Rogue Regime, told Metro.

"It's very likely that Kim Jong-un has continued like his father, who had numerous wives and mistresses."

The author goes on to add that previous flings have been exiled or worse.

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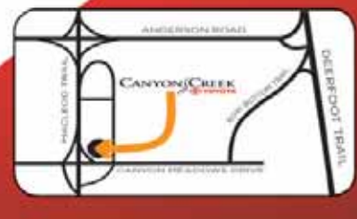

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Safety first

Wildfire crews are trained to follow the LACES protocol.

- **L for lookouts.** One crew member, communicating with a supervisor, watches the fire from an advantageous position and constantly keeps an eye out for sudden changes that could endanger firefighters on the ground.
- **A for anchor points.** A location protected from fire spread from which to start building a fire break or line. Prevents a fire from spreading beyond that point.
- **C for communications.** Teams must keep in constant touch so that everyone can concentrate on their job and identify hazards before it's too late.
- **E for escape routes.** Crews must predetermine routes that can be used to get to safety in case a fire becomes too dangerous.
- **S for safety zones.** Crews must set up open zones within the site that provide refuge.

Source: Canadian Forest Service

Tools to tame wildfires

1 Chainsaw. Clearing hazards

Used for clearing fuel from sites and clearing hazards from a forest fire.

2 Hoses & pumps. Prevention

After a water source is found, crews wet areas to prevent the spread of fire and then move in on the fire.

3 Shovel. Firebreaks

Used for constructing firebreaks, digging hose lines, trenches and barriers.

4 Pulaski. The go-to tool

Used to construct firebreaks. It can be used as an axe for cutting and also to dig soil.

5 Drip torches. Controlled burn

Used to start small, controlled fires to burn up any fuel before a wildfire gets to that area.

PHOTOS: 1-4: JENNIFER GAUTHIER/FOR METRO; 5: COURTESY B.C. WILDFIRE MANAGEMENT BRANCH; TEXT: MATT KIELTYKA/METRO IN VANCOUVER

Pemberton Fire Base

- Two 20-man expanded attack crews
- Four three-person initial attack crews
- Three helicopters
- Five rappel crews and specialized rappel helicopter
- Additional response officers and support staff

Crews load up one of the helicopters at the Pemberton Fire Attack Base so it's equipped to quickly head out to a wildfire. JENNIFER GAUTHIER/FOR METRO

Heatseekers. Well-trained wildfire crews ready to attack forests smouldering for a fight

MATT KIELTYKA
Metro in Vancouver

Red flash after red flash lit up a real-time map of British Columbia as reports came in.

A record dry spell in July meant that on Aug. 2 most of the province was under an "extreme" wildfire-danger rating.

People in the outdoors weren't allowed any open flame or campfires and already frowned-upon behaviour — such as casually flicking a cigarette — was now criminal.

But on this day, Mother Nature was the one doing the damage. A hundred new wildfires were recorded as the first storm system in more than a month swept through southern B.C., its flashes of lightning igniting the parched, tinder-dry forests overnight.

The Heatseekers Unit of Pemberton's Fire Attack Base — located just north of Whistler in the province's Coastal Fire Centre — had preloaded one of its three helicopters stationed at the base.

Armed with axes, shovels, chainsaws and hoses, the 20-man unit was ready to rush into nature's inferno at a moment's notice.

Just not at this particular moment.

While crews were attacking fires throughout the province, the remnants of the previous night's storm made it impossible for Pemberton units to get clearance to fly in the morning, with the imposing Mount Currie next to the airfield completely obscured by the cloud cover.

"There's a lot of anticipation in fire season. Sometimes the hardest part is not being on fires," says Heatseekers unit supervisor Joe Lax, 34, whose flat-brimmed baseball cap and youthful appearance mask years of extensive wildfire experience.

It's only the hardest part if you don't think too much about the long days covered in dirt while working furiously with heavy equipment to contain a hellish blaze as it spreads from one treetop to another overhead. It's not a job for the easily intimidated, or for those afraid to get dirt under their fingernails (and just about everywhere else).

"There's a bit of glory to it, but most times it's just getting dirty. It's not easy on the body," says Lax. "We are in there for the long haul, start to finish.

"Sometimes we go in there and establish hose lays; we do a lot of burnoff with drip torches to mitigate the fuel between us and the fire. We do line-locate for heavy machinery to build guard around bigger fires and go right down to mop-up, where we use pulaskis and dig up smoldering debris on the ground and put it out."

Given the job description, it's no wonder the majority of the red shirts toiling away at Pemberton Fire Attack Base seem to be extremely fit men and women in their 20s and 30s.

At homebase, they're all

SOME LIKE IT HOT

energy, jokes and a dash of bravado — the latter being the first to disappear when they arrive on the doorstep of a raging wildfire.

It's all about safety (first and foremost), structure and professionalism.

"There's a huge sense of responsibility," says Lax. "You're working within the public trust. There's always excitement when you fly in to a fire for the first time, but your headspace has to be all about having a plan and working together. For most guys, they just want to get out there and go to work. Fear doesn't enter into it."

Listening to Heatseekers describe running headfirst into a wildfire is less Hollywood and more tax audit: technical, serious and, surprisingly, a bit dull.

A wildfire may seem like pure chaos to the untrained eye, but every crew member who attacks one has internalized a highly detailed gameplan before setting out on a call.

They're in constant communication and each firefighter knows the nature of the fire, the weather and wind conditions, what the topography is and where exits are if things ever get unmanageable.

Wildfire co-ordination officers Toni Large and Rob Dombrowsky — the elder statesmen on base — make sure of it.

The two run the daily briefings and set up the plans for crews heading into the wild.

As the ones responsible for their crew's safety, they were hit as hard as anyone when news broke that 19 members of the Granite Mountain Hotshots in Arizona (the American equivalent of the Heatseekers) died after being entrapped by a wildfire June 30.

"We have 20-person crews. We know every one of these people," says Dombrowsky. "We lunch with them, we talk, we have interpersonal relationships with all of them. To have something like that happen … our hearts go out to all of them. It's a terrible thing."

The disaster sparked a B.C.-wide safety review.

"We had a safety meeting with our supervisors to discuss LACES (see sidebar) and fatigue management," says Large. "It was an opportunity for us to remind ourselves of the safety program. Responder safety is first. We have procedures in place for a reason, to avoid that kind of entrapment."

"They have to come home at the end of the day," adds Dombrowsky.

A helicopter starts a controlled burn behind an evacuated home in an attempt to reduce the amount of fuel for a wildfire burning on Mount McLean in Lillooet, B.C., in this 2009 photo. DARRYL DYCK/THE CANADIAN PRESS FILE

Think you've got what it takes to go to blazes?

Have you got enough fire in your belly to become a wildland firefighter?

You're going to need a lot more than that.

It's one of the toughest, meanest, most dangerous jobs in the country, so the people who take it on have to be the very best.

The test for qualifying as a wildland firefighter has the snappy title of the Canadian Physical Performance Exchange Standard. It's shortened to the code WFX-FIT and that translates into one word: sweat.

"It's no picnic" is the very direct warning in the Ministry of Natural Resources guide to qualifying. One training company's guide sums it up: "The job is the test and the test is the job." It's all based on the real world. And the real world is tough.

On the web

Go to metronews.ca for more on Canada's extreme firefighters:

- **Photos.** See a gallery of the Pemberton Fire Attack Base crew at work
- **Read.** Pine beetle threat extends east

WFX-FIT

- **Carry pump on back:** 160 metres including ramp eight times
- **Hand-carry pump:** 80 metres
- **Lift and carry hose pack on back:** 1 kilometre, including ramp 50 times
- **Charged hose advance:** 80 metres

Here's the challenge:

After passing a stringent medical exam in order to qualify to try out, candidates take on a 40-metre circuit at one of six training centres in Northern Ontario.

First they do it with a 28.5-kg pump on their back — four times around the 40 metres, including a steep ramp each time. Then they repeat it twice with the pump in their arms. Then they grab a 25-kg pack with hoses and carry it for a kilometre. Yes, a kilometre, plus the ramp every 20 metres. That means 50 hills to conquer.

Then it gets really tough.

The would-be firefighter drags an 80-kg sled for two 40-metre laps, to simulate dragging a hose towards a fire.

It takes mettle to do this: A parattack firefighter from the Prince George Fire Centre comes in for a landing after leaping from a specialized DC-3 aircraft. COURTESY B.C. WILDFIRE MANAGEMENT BRANCH

Think you could do it?

Well, there's a catch: You only have 17 minutes and 15 seconds to do it or, to meet the standard for transfers between provinces, 14 minutes and 30 seconds. Ouch.

Still standing?

We'd like to shake your hand.

MIKE DONACHIE/METRO IN LONDON, ONT.

WHERE THE WILDFIRE FIGHTERS ARE

Wildland firefighters from every province are often dispatched to other provinces, and other countries, that need help. Here's where some crews are based

Specialty crews

Both British Columbia and Alberta have specialty "Rap-attack" or "Helitack" crews, who rope rappel into fires. They can access smaller fires and attack them before they grow and help fight larger fires by removing timber to create a helicopter landing location, according to the B.C. government.

COURTESY B.C. GOVERNMENT

Canadian Interagency Forest Fire Centre

The Winnipeg-based Canadian Interagency Forest Fire Centre co-ordinates the sharing of firefighting services for all of the provinces, territories and the federal fire management agencies, the United States and other countries. ELISHA DACEY/METRO

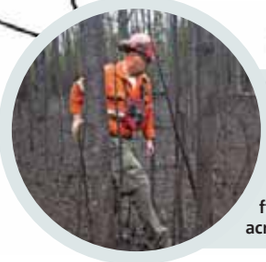
Quebec

In July, crews from as far as B.C., Nova Scotia and the U.S. came to help fight the fires that raged in the province's north. Quebec also has its own wildland firefighting resources — water bombers for initial attack and secondary attack crews that can be brought in by helicopter.

TWITTER: @NBFORESTFIRES

Ontario fire rangers

Ontario's fire rangers have been fighting fires for almost 130 years. The province deploys 200 four-person fire ranger crews at 38 fire headquarters and attack bases across the province. THE CANADIAN PRESS FILE



Maritimes

Nova Scotia's Wildfire Management Group hires seasonal firefighters who are also part of the Canadian Interagency Forest Fire Centre and go to other jurisdictions to fight fires. In July, crews from Nova Scotia and New Brunswick were sent to Quebec to help. TWITTER: @NBFORESTFIRES

TEXT: JESSICA SMITH/METRO

Deadly blazes

1825: Miramichi Fire

The largest and deadliest fire in Canadian history raged across an estimated three million acres of New Brunswick and Maine. At least 160 people were killed.

1871: The Great Peshtigo Fire

The Great Peshtigo Fire grew out of unattended logging camp fires, eventually destroying 3.8 million acres in Wisconsin and Michigan. At least 1,500 people died.

The Great Fire of 1910

The blaze burned across three million acres in Washington, Idaho and Montana. Of the 87 people killed, most were firefighters.

2009: The Black Saturday Fire

From February to March 2009, numerous bush fires killed 173 people as they swept across 1.1 million acres of Australia's Victoria state.

ANDREW FIFIELD/METRO

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Growing up Takei

Internment camp forged his activism

George Takei, who spent three years in a Second World War internment camp until he was eight years old, said getting people to learn about the internment is the reason he signed up for social media.

Thanks to his wry humour, fondness for puns and occasional scorching social justice commentary, his popularity on Twitter and Facebook exploded.

"I discovered there's a great overlap between the LGBT community and the sci-fi geeks and nerds community," said Takei.

Metro spoke to Takei on Wednesday, which was the 50th anniversary of Martin Luther King's I Have A Dream speech.

Takei said the world has made enormous strides, but still has a way to go.

ELISHA DACEY/METRO IN WINNIPEG

Oh my, George Takei takes on the symphony orchestra

Winnipeg. But Star Trek actor won't be subjecting audience to his musical skills

ELISHA DACEY
Metro in Winnipeg

For those more familiar with his role as Hikaru Sulu on Star Trek, finding out George Takei is performing with the Winnipeg Symphony Orchestra might make one's pointy Vulcan ears perk up.

But the 76-year-old actor, who has Canadian cousins in Ontario and B.C., has actually narrated symphony concerts for the past 15 years.

"I talk. I don't sing, I don't play an instrument," laughed Takei. "I do sing … but I am not a symphonic singer."

Takei's musicality extends much further. Last year, the actor performed in Allegiance, a dramatic musical about the internment of Japanese-Americans in the 1940s after the bombing of Pearl Harbour during the Second World War.

It opened to rave critical reviews and had to extend its run in San Diego. It opens on Broadway next year, and Takei said they hope to put together a touring show, including shows in Canada.

"I'm always surprised by people who seem to be otherwise well informed and educated to tell me 'I had no idea something like (the internment camps) happened (in the U.S. and Canada.) It's a little-known part of our history."

An outspoken activist for human rights, especially for the LGBT community, Takei said he's in the midst of writing his second autobiography.

"The first book was called To The Stars, and that came out in 1994.... I've lived a lot of material," said Takei, who acknowledged he was gay and got married to his husband, Brad, since then. "The next book is called Down To Earth."

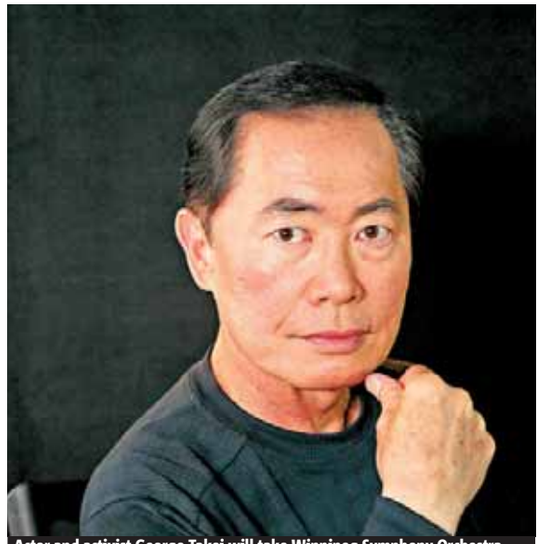
Quoted

"I talk. I don't sing, I don't play an instrument. I do sing ... but I am not a symphonic singer."

George Takei, talking about performing with the Winnipeg Symphony Orchestra

Free Birds

Check out George Takei in the animated movie Free Birds in November as the voice of a time machine.



Actor and activist George Takei will take Winnipeg Symphony Orchestra audiences through the great orchestral works of sci-fi Sept. 27-29.

CONTRIBUTED: WINNIPEG SYMPHONY ORCHESTRA

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Can I have a raise with that?

Customers in search of burgers and fries in the U.S. ran into striking workers instead on Thursday. Organizers say thousands of fast-food workers staged walkouts in dozens of cities, part of a push to get chains such as McDonald's, Taco Bell and Wendy's to pay workers higher wages. It was expected be the largest nationwide strike by fast-food workers, according to organizers. DAVID COATES/DETROIT NEWS/THE ASSOCIATED PRESS

Amid lawsuits, pressure

Tylenol to carry red labels warning of possible fatal risks

Bottles of Tylenol sold in the U.S. will soon bear red warnings alerting users to the potentially fatal risks of taking too much of the popular pain reliever. The step, disclosed by the maker of Tylenol, comes amid lawsuits and pressure from the federal government. THE ASSOCIATED PRESS

Service fee now, tax later

Former owner of The Brick loses appeal in tax case

The former owner of a Canadian furniture retail giant has lost its appeal of a B.C. government order to pay more than $200,000 in penalties associated with The Brick's so-called buy now, pay later program. The program allows customers to defer the payment of purchases. THE CANADIAN PRESS

Market Minute

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iTunes FESTIVAL

Lady Gaga
September 1

Paramore
September 4

Justin Timberlake
September 29

Katy Perry
September 30

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metro
News worth sharing.

The iTunes Festival

The iTunes Festival is one of the highlights of the concert season -- and Metro can take you there. If going to jolly old London to party as music superstars like Justin Timberlake, Lady Gaga, Katy Perry and Queens of the Stone Age shake the stage is your idea of heaven, Metro can make that dream come true.

Thirty days of wicked fun kickoff on Sept. 1, with more than 60 artists playing live at the renowned Roundhouse in London. The Roundhouse opened in 1846 with very different beginnings -- a steam engine repair centre. Over the years, it took different paths; eventually becoming what is now a legendary performance hall hosting the likes of Pink Floyd, Led Zeppelin and Jimi Hendrix.

Since the iTunes Festival launched in 2007, it has carried on the tradition of stellar performances, bringing in mega stars like Adele, Coldplay and the Foo Fighters. Aside from the artists already mentioned, this year's lineup runs the gamut from Sir Elton John to Kings of Leon, the Lumineers to Chic featuring Nile Rodgers – something for all musical passions.

Experience it Live with the World

Watch performances in real-time with the rest of the world by streaming them in HD quality every day in September at 4 p.m. ET/1 p.m. PT. You can watch on your computer, download the official iTunes Festival app to watch on your iPhone, iPad or iPod touch -- or watch on the big screen through Apple TV. For a limited time after the gig, performances will be available on iTunes on-demand.

Experience the festival with people around the world by following #iTunesFestival on Twitter.

The only way to get access to the event is to win tickets. Metro has them!
Check out the back page for details on how to enter for a chance to win. Throughout the month, Metro will have gig reviews and reminders on performances. Keep reading for the latest news.

The Lineup

Performances air at 4 p.m. ET/1 p.m. PT on iTunes or the official app. Miss the show? No worries, watch it on demand for a limited time after.

SEPT 1 | Lady Gaga

SEPT 2 | Sigur Rós [OPENER: POLIÇA]

SEPT 3 | The Lumineers [OPENER: Phox]

SEPT 4 | Paramore [OPENER: Fenech-Soler]

SEPT 5 | Rizzle Kicks [OPENER: Eliza Doolittle]

SEPT 6 | Queens of the Stone Age [OPENER: Palma Violets]

SEPT 7 | Phoenix [OPENER: Little Green Cars]

SEPT 8 | Bastille [OPENER: The 1975]

SEPT 9 | Arctic Monkeys [OPENER: Drenge]

SEPT 10 | Jake Bugg [OPENER: Valerie June]

SEPT 11 | Kings of Leon [OPENER: Jimmy Eat World]

SEPT 12 | Elton John [OPENER: Tom Odell]

SEPT 13 | Avicii [OPENER: Henrik B]

SEPT 14 | Chic Featuring Nile Rodgers [OPENER: Janelle Monáe]

SEPT 15 | Vampire Weekend [OPENER: The Olms]

SEPT 16 | Jack Johnson [OPENER: Bahamas]

SEPT 17 | Ludovico Einaudi [OPENER: Agnes Obel]

SEPT 18 | Thirty Seconds To Mars [OPENER: The Family Rain]

SEPT 19 | Kendrick Lamar [OPENER: Schoolboy Q]

SEPT 20 | Primal Scream [OPENER: Skinny Girl Diet]

SEPT 21 | HAIM [OPENER: Gabrielle Aplin. Bipolar Sunshine. Dan Croll]

SEPT 22 | Ellie Goulding [OPENER: Laura Welsh]

SEPT 23 | Jessie J [OPENER: Lawson]

SEPT 24 | Robin Thicke [OPENER: Aloe Blacc]

SEPT 25 | Pixies [OPENER: NO CEREMONY///]

SEPT 26 | Tinie Tempah [OPENER: Naughty Boy]

SEPT 27 | Dizzee Rascal

SEPT 28 | John Legend

SEPT 29 | Justin Timberlake [OPENER: Mikky Ekko]

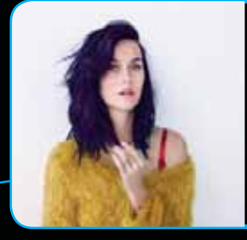
SEPT 30 | Katy Perry [OPENER: Iggy Azalea. Icona Pop]

Mother monster to her brood of evangelical fans, Lady Gaga is one of the most dramatic entertainers to hit the world stage in recent years. Starting with a showcase at New York's The Cutting Room in 2006, Gaga has gone on to be an international sensation thanks to albums like The Fame Monster and Born this Way, and her recently released song Applause.

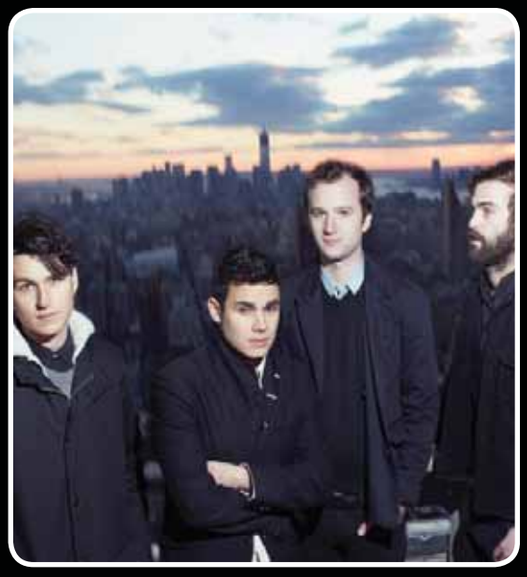
Sealing its longevity with the 2008 hit Use Somebody, King of Leon's has expanded its southern rock sound over the years to become a critical and commercial success. The jewel in Leon's award-winning crown is the collaboration of brothers Nathan, Jared and Caleb Followill with their cousin Matthew. The band's sixth studio album, Mechanical Bull, is slated for release this September.

This sexy R&B crooner known for his controversial "Blurred Lines" is no stranger to the bright lights of Hollywood, having grown up in the spotlight as the son of actor Alan Thicke. Fast forward a few years and the American Music Award nominee is a star in his own right now.

Not even a Suit & Tie can cramp the cred of Justin Timberlake. JT went from clean-cut Disney star to successfully stepping in sync as a boy bander before bringing SexyBack as a solo artist. Add a scene-stealing movie career to the mix and you have the making of a long and lucrative career.



The only artist to spend 69 consecutive weeks in the top ten of Billboards' Hot 100, Katy Perry is a musical force to behold. From the irreverent I Kissed a Girl to the self-empowering Firework, she has earned her placed as one today's most beloved and sought-after performers, with fans eagerly awaiting her new album, Prism.



Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

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Economy. Japan showing 'positive signs of recovery'

Japan's economic recovery gained momentum in July as manufacturing accelerated and consumer prices rose for a second straight month, despite weaker household spending and retail sales.

The data released Friday showed the consumer price index rose 0.7 per cent in July from a year earlier, for the second straight month of gains. That suggests efforts to break free of years of demand-dampening deflation are progressing. The CPI rose 0.2 per cent in June.

However, the core index, which excludes food and energy prices, fell 0.1 per cent.

The Ministry of Economy, Trade and Industry said industrial output rose 1.6 per cent from a year earlier but 3.2 per cent from the month before, in a sign the recovery is taking hold. It forecasts further expansion in August and September.

"Income and other data show quite positive signs of recovery," said Junko Nishioka, an economist at RBS Japan Securities.

"I'm relatively optimistic about the Japanese economy."

The government has boosted spending and pushed for ultra-loose monetary policies aimed at generating inflation. It says that will help perk up demand and, in response, investment and employment, ending years of stagnation.

However, economists say that without matching increases in wages, rising prices and planned tax hikes could actually weaken the consumer demand that accounts for the bulk of business activity, undermining any economic rebound.

THE ASSOCIATED PRESS

Decision coming soon

2014

The overall data from July will likely bolster support for pushing ahead with a sales tax planned for April 1, 2014. A decision on that plan is due within the next month.

Netflix turns viewers into guinea pigs, like it or not

At any given time, Netflix is conducting hundreds of tests across its website and other platforms. ISTOCK

HIPPOs out, guineas in. Video-streaming service tests its ideas out on its users

Want to be a guinea pig for Netflix, get early access to new features and help shape how the video-streaming service grows and evolves?

If you're a relatively new subscriber, you may already be a beta tester. Or perhaps you used to be.

At any given time, Netflix is conducting hundreds of tests across its website and other platforms. Some are based on bold new ideas and are immediately obvious to its test subjects, while others are being run invisibly beneath the user interface.

Users who have been with Netflix since the company launched in Canada in September 2010 aren't likely to be in on the testing, but newer members almost certainly are, whether they realize it or not, said Netflix's chief product officer Neil Hunt.

Netflix relies on the statistics generated by user tests to inform its decisions, Hunt said, rather than following the so-called "HIPPO" philosophy.

That acronym stands for "highest paid person's opinion" and refers to an organization's preference to make top-down decisions.

A year's worth of testing culminated in the recent release of Netflix's Profiles feature, which allows users to create multiple log-ins within the same account. THE CANADIAN PRESS

Resourceful leader

"One of our limited resources is users to try out new ideas."

Netflix's chief product officer Neil Hunt, noting the vast majority of its users end up as test subjects at some point

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CONTRARY TO CONTRACEPTION

THE METRO LIST

Mike Benhaim
metronews.ca

1 Ain't no party like a Québécois Parti. PQ Leader Pauline Marois says the "Charter of Quebec Values," will reflect "universal" as well as Quebec values and will unify the people. Banning religious headgear in the workplace is just one small step in a brilliant plan to deflect all existing racial tension toward the greater common threat: non-francophones.

2 On the prowl. Victoria police issued an alert to citizens after reports of a large cougar on the loose. Experts warn the animal could be isolated and irritable. Residents say that it's rare to find a cougar in these parts. You usually have to go to one of those bars out in the suburbs.

3 Surprise! Health Canada issued a recall this week for Freya-28, an oral contraceptive being used by thousands of Canadian women, when it was discovered that some packages contained placebos in place of the active pills. Now, there's nothing funny about this except that faulty drugs usually result in the loss of life, whereas these side effects could last a whole lot longer.

4 Designated driver. Breaking news on self-driving cars reveal that Google is producing a fleet of "robo-taxis." Terrific news for lovers who want some privacy, and for those who are really drunk, the car is equipped with robotics. Upon reaching your destination, the car will slap you awake, eject you from the seat and dispense harsh verbal judgments.

5 NASA in a nutshell. Ice in the Arctic continues to melt while seas in the Middle East shrink. Ideas of redistributing water come up but are far too complex, especially with NASA resources being spent on a study that will allow astronauts to hibernate during their nine-month trip to Mars. I am not making any of this up.

6 Bait. Conservationist and shark defender Lesley Rochat swam among the big fish wearing just a bikini. Rochat said she wanted to be as vulnerable as possible, and boasts that she has not been bitten yet. Viral photos of the attractive Rochat have led me to my latest theory: Sharks are gay. She better hope I'm right.

7 Talk to the hand. Researchers at the University of Washington have successfully connected two human brains over the Internet. One scientist sent a brain signal to a colleague at a separate location, controlling his hand movement. This is a magnificent scientific breakthrough, but I just know it will eventually become some household toy for boys with which to terrorize their younger siblings.

8 Blurred lines. In an attempt to shed her Hannah Montana persona, Miley Cyrus reinvented herself for the VMAs last Sunday. Now, call me old-fashioned, but as much as the classic, teenie-bikini/foam-finger combo screams artistic growth, if I were her, I might have just gone with music lessons.

9 This week in music. In 1975, KC and the Sunshine Band scored their first U.S. No. 1 hit with a song that introduced the phrase, "Do a little dance, make a little love, get down tonight." Thirty-eight years later, we still get to see grandma act out the lyrics at every wedding and bar mitzvah. Only now, she may actually be dating KC.

Follow The Metro List on Twitter @TheMetroList

ZOOM

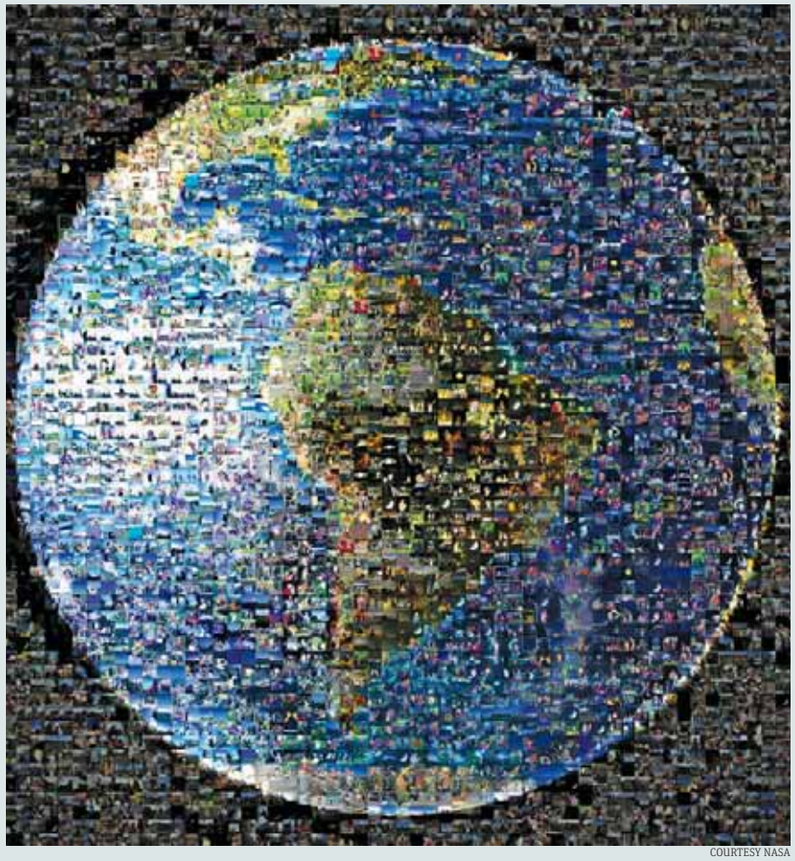
What do you have to send to Saturn?

Smile! A thousand selfies compiled

NASA's Cassini spacecraft has been mapping the Solar System from Saturn, and this was the result when they asked civilians to take part.

Thousands participated in the Wave at Saturn event on July 19, taking selfies of their tributes to the mission. This collage combines the photos they sent as a tribute to the spacecraft's image of Earth. METRO

A closeup of the compilation.



COURTESY NASA

Down to Earth

1,400

The total number of pictures used in the mosaic. NASA reported that contributions arrived from more than 40 countries and 30 U.S. states.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, Twitter can be a fine source of news and highly stylized photos from around the world. But, more important, it's a rich source of jokes from shockingly sharp minds. Here's three frequently strange and dependably funny accounts.

@abusitron: Your No. 1 source for jokes about using deer to engineer a McDonald's burger heist or musically inclined druids using Stonehenge as a stage for cover versions of '90s dance anthems. Bonus points for being a Canadian.

@tastefactory: Come for the AVI that resembles a photo commemorating a kitten's first day at school, stay for the excellent puns on sepia-toned cultural references.

@crushingbort: Aside from being hilarious, RTs from this account are a big reason why my following number is too damn high. Sample tweet: "I wonder how many of the people I follow are accounts that have been taken over by funnier muggers."

Twitter

@metropicks asked: The N.S. premier is latest politician to admit to smoking pot. Do you care if elected officials toke?

@Canucklehead_ca: I'm more suspicious of those who claimed they didn't. Statistics don't lie, politicians do. Oh, and pass the chips dude.

@MiaAdinaVida: Everyone does it- don't get why it's such a big deal!- it's 2013, people shouldn't be surprised anymore!

@Alannafawn84: I rather them smoke weed it will only make them want to eat and not steal and maybe have better ideas.

@sleuth_4_truths: I care that they are honest. Maybe if all NS politicians had a pot party this election stuff (#nspoli) would be more civil.

@veryboeing: When it's illegal yes. When it's legal, no. But they will say anything to get your vote.

@WelderAnge: well I'm thinking drug use may explain something... They don't call it dope cause it makes ya smart.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca

metro

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Synopsis

Former race-car driver Brent Magna (Ethan Hawke) comes home to find his apartment trashed and his wife gone. As he tries to wrap his head around what happened, a cellphone rings. A mysterious voice directs him to a car park where he is to steal a souped-up Shelby Super Snake car and perform a number of duties or his wife will be killed. Complicating matters is The Kid (Selena Gomez), a rich kid who comes along for the ride.

- Richard: ●○○○○
- Mark: ●●○○○

Ethan Hawke may regret making this movie, but it will be the woeful acting of Selena Gomez that Getaway will be remembered for. CONTRIBUTED

Make quick Getaway from this cinematic car crash

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Abysmal auto movie. In this dire high-speed kidnapping tale Hawke tries his best but he is weighed down by the 'performance' of teen songstress Gomez

Richard: Mark, the movie starts promisingly with a five-minute sequence. It effectively sets up the story in true cinematic fashion — show me, don't tell me — but then quickly becomes what we call in the film criticism business a S.D.M. (Silly Damn Movie). OK, I made that last part up, but I couldn't really think of any other category to place this movie under. Maybe E.S.D.M. (Extremely Silly Damn Movie). What do you think? Is it just a mindless popcorn movie or is it just mindless?

Mark: Richard, did you miss the trenchant political allegory about late-period capitalism? Well, me too. But if it's car crashes you're after, look no further. I liked the set-up of this movie, enough so that I was interested in it to the halfway mark. And then, there were... more car crashes. And because the movie takes place in Bulgaria, the cars that were crashed were kind of small and cheap. To get me excited about car crashes, I need to see some totalled Beemers and Mercs in flames. Quantity is not quality. Anyway, the real car crash here is the unbelievable relationship between Ethan Hawke and Selena Gomez.

RC: Hawke does the job, I doubt he'll ever think about this movie again once the cheque clears. But Gomez? Let's just say it's quite possible she is even more annoying as an actress than she is as a singer. Her "performance" consists of pouting, grimacing and saying things like, "I'm totally screwed." If you want to know what she's like without paying to see the movie, go to any mall on a Saturday and eavesdrop at any American Apparel store.

MB: Hawke is my favourite actor of the '90s generation. But doesn't Ryan Gosling have some kind of a deal to play every race-car driver with an existential dilemma? And there are almost no other actors in the film — just some shots of chins on cellphones. So Gomez is onscreen almost all the time, crowding the action with her annoying baby fat. By the way, whoever heard of a Bulgarian merchant bank?

RC: Bulgarians, that's who. If the movie had lived up to the promise of the scene, it might have been a fun ride, but it runs out of gas after the first five minutes.

MB: And yet, I found it had some kind of cheap kinetic energy that I couldn't completely write off. Or maybe I could, if I used a Bulgarian accountant.

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Action/Biography

The Grandmaster

Director. Wong Kar-Wai

Stars. Tony Leung, Zhang Ziyi

The life of the legendary Chinese martial-arts master Ip Man gets an appropriately mythical treatment in The Grandmaster, the comeback film from Hong Kong auteur Wong Kar-Wai. Working in the same fluid, lyrical style as his early masterpieces, Wong bends the conventions of the martial-arts genre to create an unusual sort of historical epic — one in which a country's long-standing social and cultural divisions become physicalized via depictions of hand-to-hand combat. The film seems to have been chopped up in the editing room, but it still has grandeur. **ADAM NAYMAN**

Drama

The Attack

Director. Ziad Doueiri

Stars. Ali Suliman

Amin Jaafari, a prominent Arab doctor living in Tel Aviv, finds his life turned upside down after a terrorist bombing kills his wife. But when she's accused of being the suicide bomber responsible for the attack, Jaafari heads home to Nablus in the West Bank to discover the truth for himself. What he finds soon leaves him torn between two interconnected worlds. Director and co-writer Ziad Doueiri successfully navigates the murky territory of the Arab-Israeli relations by making the politics personal. He offers no easy answers in giving both perspectives.
IAN GORMELY

Documentary

One Direction: This Is Us

Director. Morgan Spurlock

Stars. One Direction

One Direction fans will flock to this film no matter what, but for the dozen others considering watching it: don't! Yes, the cheeky Brits offer a few laughs backstage and the (very) brief interviews with their families are heartwarming, but the bulk of this doc is One Direction on stage and, frankly, they put on a boring show. The lads tell us they're not your typical boy band (they don't dance, you see), but without the choreographed routines you're left just listening to the music — and, if you're not already a fan, their concert won't persuade you.
REGAN REID

Comic crisis

Matt Damon weighs in on Ben-as-Batman blowout

"I know there are a lot of people grousing on the Internet. I just think it's kind of funny. You know, he's not playing King Lear. It's Batman!
"(That's) certainly within his skill set. If anybody saw Argo or The Town, and all the work he's been doing lately, it's way more nuanced and interesting and way more difficult than Batman! Batman just sits there with his cowl over his head and whispers in a kinda gruff voice at people."

MATT DAMON SPEAKING TO THE TIMES OF INDIA ABOUT HIS BUDDY, BEN AFFLECK, BEING CAST AS BATMAN
METRO

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Move over Bieber, it's One Direction time

Documentary. Director Morgan Spurlock tackles some lighter fare with this film, which will include tons of concert footage

MEREDITH ENGEL
Metro World News

The documentary One Direction: This Is Us gives screaming fans a new platform to scream at. GETTY IMAGES

'N Sync's not the only boy band making news this week. One Direction is releasing their concert doc, One Direction: This Is Us, on Friday.

In just three short years, Harry Styles, Liam Payne, Niall Horan, Louis Tomlinson and Zayn Malik have taken over the world.

One Direction: This Is Us gives fans inside access to the young men, touching upon everything from their goofy personalities to their fears about a life in showbiz. Based on a press conference we attended with the lads on Saturday, here's a primer on what to expect from the film.

Their X Factor auditions

It's hard to believe that just three years ago, One Direction didn't even exist. Director Morgan Spurlock (yes, that Morgan Spurlock) brings you back to 2010, when the much younger looking guys first stepped up to the plate to audition for Simon Cowell on The X Factor. After each boy was cut as a solo act from the show, Cowell decided to put them together and have them continue the competition as a group. They didn't take home the crown that season, but they did promise fans that their elimination wouldn't be the end of One Direction — and they were right.

Hardcore fans

One D fans — or Directioners, as they call themselves — are everywhere in the film, and that was intentional, Payne says.

"The film is definitely about getting across the story of the fans and the way that the fans definitely made this band," he said.

Watch as herds of young girls scream and cry around the world for a glimpse at Harry, Liam, Niall, Louis and Zayne.

Tons of concert footage

Whether or not you're into the group, you'll be treated to a concert of theirs when you take in the 3D film. Hardcore fans can sing along to Little Things, Change My Mind and other album tracks, whereas even the most casual fan can hum along to What Makes You Beautiful.

Not in the film

What you won't see.

- **Their love lives.** Spurlock says that in order to keep the film's focus on the boys and their career, personal relationships were left out of the movie. "When we have our free time, like when we had a week at home or whatever, the cameras weren't with us there," Tomlinson says.

A look at their home lives

It's certainly been a whirlwind of a ride for these five boys, but what's the effect been like on their families?

You'll find out in the movie, thanks to interviews with the guys' parents. In one touching scene, Malik is on the phone with his mom as she tours the house her son has bought her.

Both sides of their conversation — Malik on the phone in an empty room, and his mom talking to her from the new house — are juxtaposed, giving the audience real-time footage of that special moment in their lives.

"It was amazing, obviously, to see that, and it's amazing that we have that on footage," Malik says. "I'll have that piece of footage on tape and that's something I'll keep quite close."

The recording process

In one scene, Malik has just dozed off to sleep on the bus when he's awoken by his music writing partner to record a bridge for a new song in the wee hours of the morning.

The film took place while the guys recorded their third album, and Payne says it came with its challenges.

"I don't think the songwriting was the hardest," he says. "I think in terms of the way that we recorded it being on the road, and it being quite a rush — that was the hard part."

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Bye, bye summer blockbusters

Fall preview. It's back to school time, the weather is getting cooler and the leaves are turning — what better time to hide out in a movie theatre?

MATT PRIGGE
Metro World News in New York

Vin Diesel is back in another Riddick movie this fall. CONTRIBUTED

Riddick (Sept. 6)

What: Vin Diesel wasn't yet a star like he is now when 2000's lean Pitch Black came out, and was stuck in a valley during the bloated 2004 spin-off The Chronicles of Riddick. Now that he's back — or at least back in a franchise he once tried to abandon — all's good, presumably.

Why: Series director David Twohy has long been making genre films, and as of The Perfect Getaway has finally gotten good at them. That this runs less than two hours is a good sign.

Why not: Sorry, but Pitch Black is just so-so. And headline writers have at least three ways to make puns out of the name (Worthy of 'Riddick'-ule — you can have that one). This also features a character named Lord Siberius Vaako.

Will get an Oscar for: Best animation of the clearly tired and aging Vin Diesel

The Family (Sept. 13)

What: Eurotrash auteur Luc Besson (The Fifth Element, Taken) sucks up Robert De Niro, Michelle Pfeiffer and Tommy Lee Jones (plus executive producer Martin Scorsese) into his orbit. The first two play parents in a family hiding from a mob boss they snitched on.

Why: Besson is probably the last person with big money making genuinely insane blockbusters.

Why not: Besson's movies are stupid. Sometimes this isn't a good thing.

Will get an Oscar for: Best Robert De Niro performance of fall 2013. (He's also in Last Vegas, American Hustle and Grudge Match.)

Insidious 2 (Sept. 13)

What: The second horror film from Saw's James Wan starring Patrick Wilson in two months — after The Conjuring — is a sequel to another Wan-Wilson hit from 2009, one concerning an evil spirit that is (get this) insidious.

Why: Wan — soon of Fast & Furious 7, or however it will be titled — is getting better and better at old school frights.

Why not: There are no such things as ghosts and movies like this keep people, even smart people, thinking there are.

Will get an Oscar for: Best James Wan film of the quarter.

Prisoners (Sept. 20)

What: Hugh Jackman plays a small town carpenter who kidnaps the creepy man (Paul Dano) he thinks kidnapped his six-year-old daughter and her best friend.

Why: Jackman is a talented actor who excels at playing tortured brooders. There's also Viola Davis, Maria Bello, Terrence Howard and Melissa Leo to help him.

Why not: With his Oscar-nominated Incendies, Canadian director Denis Villeneuve sucked much of the idiosyncrasy out of Wajdi Mouawad's play Scorched. This seems to be a heavy, humourless, obvious portrait of obsession and false justice.

Will get an Oscar for: Least joyful film of 2013.

What to watch in October:

Gravity promises to be 3D-licious. CONTRIBUTED

- **Gravity (Oct 4).** Alfonso Cuaron finally follows up 2006's Children of Men with this 3D extravaganza about the plight of two astronauts (George Clooney and Sandra Bullock) dancing around outside Earth's orbit — and literally no one else.
- **Runner Runner (Oct 4).** Justin Timberlake plays a student who loses all his money on online poker and decides to double down on stupidity by confronting the guy who runs it (Ben Affleck).
- **Captain Phillips (Oct 11).** Earlier this year, adventurous audiences got the Danish A Hijacking, concerning a ship overtaken by Somali pirates. Here's the big budgeted American edition (albeit not a remake), starring Tom Hanks as real-life abductee Richard Phillips.
- **Machete Kills (Oct 11).** The first Machete — with Danny Trejo as an ex-Federali vigilante slicing up racists — wasn't such a hit. But after Kick-Ass, why let limp box offices halt a sequel, particularly one with Lady Gaga and off-screen racist Mel Gibson?
- **12 Years a Slave (Oct 18).** Avant-garde artist Steve McQueen (as opposed to the late superstar) goes big with this adaptation of the memoir of Solomon Northup (played by Chiwetel Ejiofor), a freed slave sold back into slavery.
- **Carrie (Oct 18).** The Stephen King classic, already immortalized by Brian De Palma in 1976, gets yet another update, this time with Chloe Grace Moretz and Julianne Moore as her crazy religious mom.

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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 30 TO THURS., SEPT. 5 TIMES ARE SUBJECT TO CHANGE.

Canyon Meadows
Bay 110 13226 Macleod Trail

Epic (G) Fri-Thu 1:35-7:30
Grown Ups 2 (PG) Fri-Thu 1:10-3:55-7:20-9:45
The Heat (14A) Fri-Thu 1:20-4:15-7:10-9:55
Iron Man 3 (PG) Fri-Thu 1-4:05-7:05-9:50
The Lone Ranger (PG) Fri-Thu 12:45-3:55-7:45
Man of Steel (PG) Fri-Thu 12:50-3:50-6:45-9:35
Mud (PG) Fri-Thu 9:40
Now You See Me (PG) Fri-Thu 1:15-4:05-7-10:05
R.I.P.D. (PG) Fri-Thu 1:30-4:20-7:25-10:05
Star Trek Into Darkness (PG) Fri-Thu 1:05-4-6:55-9:45
This Is the End (18A) Fri-Thu 4:20-10
Turbo (G) Fri-Thu 12:55-3:45-7:15

Crowfoot Crossing
91 Crowfoot Terrace

2 Guns (14A) Fri-Mon 12:15-2:45-5:20-7:55-10:30 Tue-Thu 2:30-5:15-7:55-10:30
Despicable Me 2 (G) Fri-Mon 11:50 Tue-Thu 1:30
Despicable Me 2 3D (G) Fri-Mon 2:10-4:35-7 Tue-Thu 4:25-7:20
Elysium (14A) Fri-Mon 11:45-2:15-4:55-7:30-10:05 Tue-Thu 1:40-4:40-7:30-10:05
Getaway (PG) Fri-Mon 1-3:20-5:40-8-10:20 Tue 1-3:15-5:30-8-10:20 Wed 3:15-5:30-8-10:20 Thu 1-3:15-5:30-8-10:20 Star & Strollers Screening Wed 1
Kick-Ass 2 (18A) Fri-Thu 9:55
The Mortal Instruments: City of Bones (PG) Fri-Tue 1:10-4:10-7:05-10 Wed 4:10-7:05-10 Thu 1:10-4:10-7:05-10 Star & Strollers Screening Wed 1
One Direction: This Is Us (G) No Passes Fri-Mon 12:25 No Passes Tue-Thu 2:40
One Direction: This Is Us 3D (G) No Passes Fri-Mon 2:50-5:10-7:25-9:45 No Passes Tue-Thu 5-7:25-9:45
Paranoia (PG) Fri-Wed 9:50
Percy Jackson: Sea of Monsters (PG) Fri-Mon 12:10 Tue-Thu 2:20
Percy Jackson: Sea of Monsters 3D (PG) Fri-Mon 2:40-5:15-7:45-10:15 Tue-Thu 5:10-7:45-10:15
Planes (G) Fri-Mon 12:20-2:35 Tue-Thu 2:10
Planes 3D (G) Fri-Mon 5-7:15-9:35 Tue-Thu 4:45-7:15-9:35
Riddick (18A) No Passes Thu 9:30
Rudy (STC) Sat 11
The Smurfs 2 (G) Fri-Mon 11:55 Tue-Thu 1:50
The Smurfs 2 3D (G) Fri-Mon 2:20-4:50-7:20 Tue-Thu 4:30-7
We're the Millers (14A) Fri-Mon 12:50-4:20-6:55-9:30 Tue-Thu 1:20-4:15-6:55-9:30
The World's End (14A) Fri-Mon 12-2:30-5:05-7:40-10:25 Tue-Thu 2-4:55-7:40-10:25
You're Next (18A) Fri-Mon 12:40-3:10-5:30-7:50-10:10 Tue-Thu 2:50-5:25-7:50-10:10

Eau Claire Market
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The Attack (14A) Fri 5:05-7:40-10:05 Sat-Mon 1-3:50-7:10-10 Tue-Thu 6:25-9
Blue Jasmine (PG) Fri 5:15-7:45-10:10 Sat-Mon 12:50-3:20-6:30-9:30 Tue-Thu 6:10-8:50
Elysium (14A) Fri 5-7:35-10:15 Sat-Mon 1:10-4:10-7:20-10:10 Tue 6:30-9:10 Wed 9:30 Thu 6:30-9:10
The Grandmaster (PG) Fri 7-9:40 Sat-Mon 12:40-3:30-7-9:40 Tue-Thu 5:50-8:30
In a World... (14A) Fri 5:10-7:30-10 Sat-Mon 1:20-4-6:40-9:20 Tue-Thu 6-8:20
Lee Daniels' The Butler (14A) Fri 6:50-9:50 Sat-Mon 12:30-3:40-6:50-9:50 Tue-Thu 5:40-8:40

Empire Studio 16
Country Hills
388 Country Hills Blvd.

Closed Circuit (14A) Stadium Seating, SR Dolby Digital Fri-Mon 12:25-3:05-6:15-9:20 Stadium Seating, SR Dolby Digital Tue-Thu 3:05-6:15-9:20
Despicable Me 2 (G) SR Dolby Digital, Stadium Seating Fri-Mon 12:05-3:50-6:35 SR Dolby Digital, Stadium Seating Tue-Thu 3:50-6:35
Elysium (14A) SR Dolby Digital, Stadium Seating Fri-Mon 12:35-3:30-6:45-10 SR Dolby Digital, Stadium Seating Tue-Thu 3:30-6:45-10
Getaway (PG) SR Dolby Digital, Stadium Seating, No Passes Fri-Mon 12:35-3:15-6:30-9:25 SR Dolby Digital, Stadium Seating, No Passes Tue-Thu 3:15-6:30-9:25
Jatt Airways (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 3:40-6:45-9:55
Jatt Boys Putt Jattan De (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 6:05-9:15
Lee Daniels' The Butler (14A) SR Dolby Digital, Stadium Seating Fri-Mon 12-3:10-6:15-9:35 SR Dolby Digital, Stadium Seating Tue 3:10-6:15-9:35 SR Dolby Digital, Stadium Seating Wed 6:15-9:35 SR Dolby Digital, Stadium Seating Thu 3:10-6:15-9:35 SR Dolby Digital, Stadium Seating Wed 1
Madras Cafe (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 3:50-7-10:10
Monsters University (G) SR Dolby Digital, Stadium Seating Fri-Mon 1
The Mortal Instruments: City of Bones (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:45-3:50-6:50-9:55 SR Dolby Digital, Stadium Seating Tue-Thu 3:50-6:50-9:55
The Mortal Instruments: City of Bones — The IMAX Experience (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:10-3:20-6:25-9:35 SR Dolby Digital, Stadium Seating Tue-Wed 3:20-6:25-9:35 SR Dolby Digital, Stadium Seating Thu 3:20
One Direction: This Is Us (G) SR Dolby Digital, Stadium Seating Mon 12:15-6:15 SR Dolby Digital, Stadium Seating Tue-Thu 6:15
One Direction: This Is Us 3D (G) SR Dolby Digital, Stadium Seating, No Passes Fri-Sun 12:15-3:15-6:15-9:15 SR Dolby Digital, Stadium Seating, No Passes Mon-Thu 3:15-9:15
Percy Jackson: Sea of Monsters (PG) Stadium Seating, SR Dolby Digital Fri-Thu 9:40
Planes (G) SR Dolby Digital, Stadium Seating Fri-Mon 12:40-6:55 SR Dolby Digital, Stadium Seating Tue-Thu 6:55
Planes 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 3:40
Riddick: The IMAX Experience (18A) No Passes, SR Dolby Digital, Stadium Seating Thu 8
Satyagraha (PG) Sub-Titled, SR Dolby Digital, Stadium Seating Fri-Mon 12:50-6-9:15 Sub-Titled, SR Dolby Digital, Stadium Seating Tue-Thu 6-9:15
Star Trek Into Darkness — Double Feature 3D (STC) SR Dolby Digital, Stadium Seating Fri-Mon 12:10-7:10 SR Dolby Digital, Stadium Seating Tue-Thu 7:10
We're the Millers (14A) Stadium Seating, SR Dolby Digital Fri-Mon 12:15-3:25-6:50-9:50 Stadium Seating, SR Dolby Digital Tue-Thu 3:25-6:50-9:50
World War Z 3D (14A) Fri-Thu
The World's End (14A) Stadium Seating, SR Dolby Digital Fri-Mon 1:05-4:05-6:55-10:05 Stadium Seating, SR Dolby Digital Tue-Thu 4:05-6:55-10:05
You're Next (18A) SR Dolby Digital, Stadium Seating Fri-Thu 10:15

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DElysium (14A) Digital Presentation, Stadium Seating Fri-Wed 12:15-3:15-6:50-9:30 Digital Presentation, Stadium Seating Thu 12:15-3:15-9:30
Getaway (PG) Digital Presentation, Stadium Seating Fri-Wed 12:45-4:15-7:30-10 Digital Presentation, Stadium Seating Thu 6:50-9:10 Digital Presentation, Stadium Seating Thu 12:45-4:15
Kick-Ass 2 (18A) Digital Presentation, Stadium Seating Fri-Wed 9:10
Lee Daniels' The Butler (14A) Digital Presentation, Stadium Seating Fri-Thu 12:30-3:30-6:40-9:45
The Mortal Instruments: City of Bones (PG) Digital Presentation, Stadium Seating Fri-Thu 12-3:20-6:30-9:50
One Direction: This Is Us (G) Digital Presentation, Stadium Seating Fri-Thu 1:15-7
One Direction: This Is Us 3D (G) Digital Presentation, Stadium Seating Fri-Thu 4-9:40
Percy Jackson: Sea of Monsters (PG) Digital Presentation, Stadium Seating Fri-Wed 12:50-3:40-7:40 Digital Presentation, Stadium Seating Thu 12:50-3:40-7:30
Planes (G) Digital Presentation, Stadium Seating Fri-Thu 12:20-6:45
Planes 3D (G) Digital Presentation, Stadium Seating Fri-Thu 3
Riddick (18A) Digital Presentation, Stadium Seating Thu 8
Star Trek Into Darkness 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 1:30-7:45
We're the Millers (14A) Digital Presentation, Stadium Seating Fri-Thu 1:45-4:30-7:20-10:10
World War Z 3D (14A) Digital Presentation, Stadium Seating Fri-Wed Thu
The World's End (14A) Digital Presentation, Stadium Seating Fri-Thu 1-3:50-7:10-9:50
You're Next (18A) Digital Presentation, Stadium Seating Fri-Thu 10:25

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2 Guns (14A) Fri-Thu 9:30
Closed Circuit (14A) Fri-Thu 12:45-3:10-5:35-7:55-10:25
The Conjuring (14A) Fri 1:35-4:20-7:20-10 Sat 11-1:35-4:20-7:20-10 Sun 4:40-7:20-10 Mon 1:35-4:20-7:20-10 Tue-Wed 1:35-4:20-7:20-9:55 Thu 1-3:45-9:55
Despicable Me 2 (G) Fri-Mon 12:55-3:25-7-9:35 Tue-Thu 12:55-3:25-6:50-9:35
Elysium (14A) Fri-Mon 12:25-3:05-5:35-8:10-10:45 Tue-Thu 1:10-4:10-7:15-10:20
Getaway (PG) Fri-Sat 1:15-3:35-5:55-8:15-10:35 Sun 12-2:15-5-7:30-10:05 Mon 1:15-3:35-5:55-8:15-10:35 Tue-Thu 2-4:45-7:10-9:45
Kick-Ass 2 (18A) Fri-Mon 12:15-2:50-5:25-8-10:40 Tue-Thu 1:45-4:40-7:15-9:50
Lee Daniels' The Butler (14A) Fri-Wed 1:15-4:15-7:10-10:15 Thu 4:15-7:10-10:15 Star & Strollers Screening Thu 1
The Mortal Instruments: City of Bones (PG) Fri-Mon 1-4:15-7:15-10:10 Tue-Thu 1:30-4:30-7:30-10:30
The Mortal Instruments: City of Bones — The IMAX Experience (PG) Fri-Mon 1:45-4:45-7:45-10:45 Tue-Wed 1-4-7-10 Thu 1-4-7
National Theatre Live: The Audience Encore (STC) Sun 12:30
One Direction: This Is Us (G) No Passes Fri-Mon 12:40-3 No Passes Tue-Thu 12:40-2:55
One Direction: This Is Us 3D (G) No Passes Fri-Mon 5:15-7:30-9:50 No Passes Tue-Thu 5:10-7:30-9:50
Percy Jackson: Sea of Monsters (PG) Fri 2:20 Sat 11:15-2:20 Sun-Thu 2:20
Percy Jackson: Sea of Monsters 3D (PG) Fri-Mon 4:55-7:30-10:05 Tue-Thu 5:05-7:40-10:10
Planes (G) Fri-Mon 12:35-2:55 Tue-Thu 12:30-2:55
Planes 3D (G) Fri-Thu 5:15-7:35-10:05
Riddick: The IMAX Experience (18A) No Passes Thu 10
Rudy (STC) Sat 11
The Smurfs 2 (G) Fri 1:20-4:10-6:55 Sat 11-1:30-4:10-6:55 Sun-Thu 1:20-4:10-6:55
We're the Millers (14A) Fri-Mon 2:10-5-7:45-10:20 Tue-Thu 2-4:40-7:25-10:05
The Wolverine (14A) Fri-Thu 12:40
The Wolverine 3D (14A) Fri-Thu 3:50-7:05-10
The World's End (14A) Fri-Mon 12-2:35-5:15-7:55-10:35 Tue-Wed 2:35-5:15-7:50-10:30 Thu 5:15-7:50-10:30
Star & Strollers Screening Thu 1
You're Next (18A) Fri-Mon 1-3:20-5:45-8:05-10:30 Tue-Thu 1:40-4:05-6:55-9:40

Plaza Theatre
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Black Rock (18A) Fri-Thu 9
I Give It a Year (14A) Sat 1:30 Sun 1:15-5 Mon 5
The Rocky Horror Picture Show (STC) Fri 11:30
The Way Way Back (PG) Fri-Sat 7 Sun 3-7 Mon-Thu 7

Sunridge Spectrum
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2 Guns (14A) Fri-Tue 10:20 Wed-Thu 9:10
Chennai Express (PG) Fri-Tue 1:15-4:40-8:10 Wed-Thu 2:15-6:30-9:45
Elysium (14A) Fri-Tue 12:50-3:35-7-9:50 Wed-Thu 1:10-3:50-7:30-10:20
Getaway (PG) Fri-Tue 1-3:20-5:40-8-10:25 Wed 3:35-7:55-10:15 Thu 1:15-3:35-7:55-10:15 Star & Strollers Screening Wed 1
Jatt Airways (PG) Fri-Tue 1:45-6:40-10 Wed-Thu 2:05-6:25-9:35
Jatt Boys Putt Jattan De (PG) Fri-Tue 12:25-3:25-6:25-9:30 Wed-Thu 2:20-6:20-9:25
Kick-Ass 2 (18A) Fri-Tue 1:10-3:45-7:20-10:10 Wed-Thu 1:25-4:05-7:15-10:10
The Mortal Instruments: City of Bones (PG) Fri-Tue 12:25-3:30-6:35-9:40 Wed 6:55-9:55 Thu 2-6:55-9:55 Star & Strollers Screening Wed 1
One Direction: This Is Us 3D (G) No Passes Fri-Tue 12:30-2:50-5:15-7:40-10:05 No Passes Wed-Thu 1-3:20-5:40-8-10:20 No Passes Sat 11
Percy Jackson: Sea of Monsters (PG) Fri-Thu 1:20
Percy Jackson: Sea of Monsters 3D (PG) Fri-Tue 4-6:50-9:35 Wed 4-6:45-9:20 Thu 4-6:45
Planes (G) Fri-Tue 12:40-3 Wed-Thu 1:05-3:25
Planes 3D (G) Fri-Tue 5:25-7:50 Wed-Thu 6:50
Riddick (18A) No Passes Thu 10:05
Rudy (STC) Sat 11
The Smurfs 2 (G) Fri-Tue 1:35 Wed-Thu 1:50
We're the Millers (14A) Fri-Tue 1:30-4:10-7:35-10:15 Wed-Thu 1:35-4:20-7:25-10:10
The Wolverine (14A) Fri-Tue 12:35 Wed-Thu 2:10
The Wolverine 3D (14A) Fri-Tue 3:40-6:45-9:55 Wed-Thu 6:40-9:35
The World's End (14A) Fri-Tue 1:40-4:30-7:25-10:30 Wed 1:40-4:25-7:20-10:05 Thu 10:05 Thu 1:40-4:25-7:20
You're Next (18A) Fri-Tue 4:20-7:10-9:45 Wed-Thu 4:30-7-9:30

Westhills 10
165 Stewart Green

Blue Jasmine (PG) Fri-Mon 1:05-3:30-7-9:30 Tue-Thu 5:45-8:30
Closed Circuit (14A) Fri-Mon 2:10-4:50-7:45-10:15 Tue-Thu 6:20-8:50
Despicable Me 2 (G) Fri-Mon 1:15-3:40 Tue-Thu 6
Elysium (14A) Fri-Mon 1:20-4-7:20-10 Tue-Thu 5:30-8:10
Jobs (PG) Fri-Mon 9:10 Tue-Thu 8:35
Lee Daniels' The Butler (14A) Fri-Mon 12:55-3:50-6:50-9:50 Tue-Thu 5:25-8:20
The Mortal Instruments: City of Bones (PG) Fri-Mon 1:25-4:20-7:25-10:20 Tue-Thu 5:20-8:15
One Direction: This Is Us (G) No Passes Fri-Mon 1:50 No Passes Tue-Thu 5:40
One Direction: This Is Us 3D (G) No Passes Fri-Mon 4:30-7:05-9:20 No Passes Tue-Thu 8
Percy Jackson: Sea of Monsters (PG) Fri-Mon 6:40
Planes (G) Fri-Mon 12:50-3:20 Tue-Thu 5:35
Planes 3D (G) Fri-Mon 6:30-9 Tue-Thu 7:50
We're the Millers (14A) Fri-Mon 1:40-4:10-7:10-9:40 Tue-Thu 6:05-8:40
The World's End (14A) Fri-Mon 2-4:40-7:35-10:10 Tue-Thu 6:15-9

You're Next. CONTRIBUTED

Show keeps viewers In the Thicke of It

It's a question that keeps Growing Pains fans awake at night to this day: is actor Alan Thicke really as understanding and great a dad as his onscreen persona, Jason Seaver?

"I don't think there will be any great surprises in my character," says the Kirkland Lake, Ont., actor.

He and his wife of eight years (together for 14), Tanya Thicke Callau, are the newest celebrity couple to open their home to reality television cameras for In the Thicke of It, airing this winter on Slice.

"I think we all had qualms about it to some degree," said Thicke. "Not as bad as when I was offered a commercial for an erectile dysfunction tablet ExtenZe a couple of years ago. That was a big family conversation. Whether you really want to be the face of erectile dysfunction and whether that was flattery or not."

After that conversation, deciding to do reality television show was relatively easy for the family.

"It seemed a good opportunity to maybe create a hybrid of the genre," said Thicke. "A reality-comedy. we see this falling somewhere between Larry David and the Kardashians. That is our hope, to have fun with real life."

And, yes, that look inside the Thicke family dynamics will include some backstage appearances with Blurred Line's singer Robin, along with medical marijuana advocate Brennan and high schooler Carter.

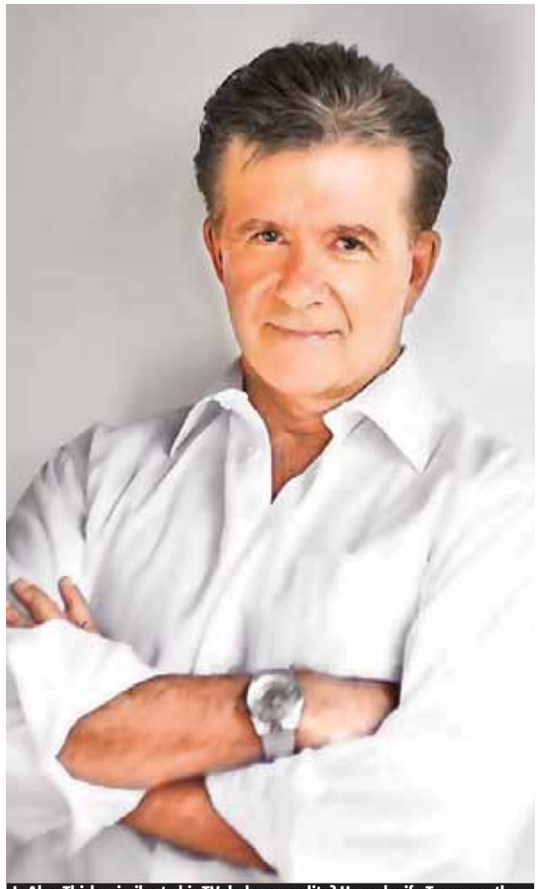
"The three children, we expect to deal with them in their venue, in their genre," said Thicke. As for revealing details of his life with wife Tanya, Thicke said, "We've paid our dues with each other and we are not afraid."

"We are also the Ricky and Lucy I think," adds Tanya, who is Latina and met her husband in Miami when he was hosting an event.

"Culturally we are miles apart, but somehow we have managed to meet in the middle," added Thicke.

In the Thicke of It premieres in winter 2014.

METRO



Is Alan Thicke similar to his TV dad personality? He and wife Tanya are the newest celebrity couple on reality TV. CONTRIBUTED

Give us some gossip!

So what is it like to be at a Jenner-Kardashian Christmas party?

- "If anyone knows how to spend money it is Kris Jenner, and she just throws a very lavish, exciting, fun party," says Tanya Thicke Callau, who was one of Kris' bridesmaids. "They are all dressed in black and white — go figure — and I believe a couple years ago Bruce Jenner got into an incident with the neighbour."
- "There was an incident last year, and the cameras weren't around to cover it," added Alan Thicke. "The neighbours were complaining about parking or whatever was going on, and Bruce literally duked it out with this guy in the driveway. No cameras in sight."

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A look at what's on

Not sure what you want to watch but have a favourite genre? We've got you covered for the week, so set your PVRs!

Sunday

Sci-fi fan

Witches of East End
Starts Oct. 6, Lifetime

Drama lover

Betrayal
Starts Sept. 29, City

Monday

Sleepy Hollow
Starts Sept. 16, Global

Hostages
Starts Sept. 23, CTV

Tuesday

Marvel's Agents of S.H.I.E.L.D.
Starts Sept. 24, CTV

Lucky 7
Starts Sept. 24, City

Wednesday

The Tomorrow People
Starts Oct. 9, CTV

Ironside
Starts Oct. 2, Global

Thursday

Once Upon a Time in Wonderland
Starts Oct. 10, City

Played
Starts Oct. 3, CTV

Friday

Dracula
Starts Oct. 25, Global

The White Queen
Starts Sept. 6, Super Channel

Mid-season shows

Sci-fi:

- Believe (CTV)
- Intelligence (CTV)
- Resurrection (City)
- Almost Human (Global)

Drama

- 24: Live Another Day (Global)
- Chicago PD (Global)
- Crisis (City)
- Cross-bones (Global)
- Kill-Women (City)
- Rake (Global)

Only one thing is off limits when interviewing Caplan

Interview. The new star of Showtime's Masters of Sex won't dish on her ink, but she's open about everything else

NED EHRBAR
Metro World News in Hollywood

Lizzy Caplan has a tattoo on her wrist, but she's not about to explain what it symbolizes.

"I never tell," says Caplan, who co-stars with Michael Sheen in the new Showtime series Masters of Sex, about pioneering researchers Masters and Johnson. "That's one that I'll never answer, but you can ask all you want about gross sex stuff."

Challenge accepted.

So how easy is it to talk about sex?
For me? Pretty easy. It's all I talk about (laughs). For everybody? I think it depends on who you are and where you live and how old you are, but for most people it's still not as easy as one would think in 2013.

Why do you think that is?
How many hours do you have? I think we've come a very, very, very long way since 1956, when the show starts.

But I also think we have a lot further to go, especially when it comes to women and sexuality.

How much do you talk about sex while filming?
I mean… how much do people talk about sex on any film set? It's like what anybody talks about, so… yeah. We talked about sex just as much as I did on Party Down.

Michael Sheen and Lizzy Caplan star in Masters of Sex. CONTRIBUTED

How nerve-racking are the sex scenes to shoot?
I've done a few of them before, and it was very, very scary before doing my first one ever. As soon as that one was done, it was shockingly not scary. Because you grow to realize that nobody there is sitting there critiquing your body.

In fact this is a team of very, very accomplished and experienced men and women who know how to light and film you so you look absolutely great.

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The Power to Surprise

From shallow to socially aware

Nobody voted off. Nine young people visit Guatemala and make a difference in people's lives

This isn't paradise. Participants help complete a community centre for orphaned and abandoned children in The Project: Guatemala. CONTRIBUTED

Ask Ray Zahab if people can change, and he would probably tell you about how he kicked his pack-a-day cigarette habit and crossed the Sahara desert by foot, or about how the young participants on his new show, The Project: Guatemala, went from shallow to socially aware.

"This is ground-breaking television; this is something that has never been done before in TV," said Zahab. "We see a bit of ourselves in every young person who is on this show."

Premiering on City this fall, The Project: Guatemala follows nine young people who, thinking they are about to experience an adventure in paradise, arrive in the central American country and are tasked with making a difference in one of the local communities.

During the 60 days of filming, the participants completed a project — in this case a community centre for orphaned and abandoned children — but also complete personal challenges. Unlike other TV shows, no one was voted off and no one was sent home or eliminated.

"We are trying to contrast someone who is narcissistic, consumeristic, privileged, with someone who has changed. So these people coming in really are sort of, you could say, society on steroids. It really is an interesting transformation," Zahab said.

"More than anything my role was to guide them and make them make their own decisions. Let them be who they are and let them see their hard work, effort and commitment to a goal ... that's what is so incredible about this show. It is real."

METRO

When does it premiere?

The Project: Guatemala premieres Monday, Sept. 23, on OLN and City.

Joss Whedon. Writer enjoys creative freedom on Avengers spinoff

Agents of S.H.I.E.L.D. premieres Sept. 24 on CTV. CONTRIBUTED

Joss Whedon said he's been enjoying trust as much as freedom from his partners on the much-awaited sci-fi drama, Marvel's Agents of S.H.I.E.L.D. The prolific Whedon said recently that both ABC and Marvel have been involved in getting what they want as the series takes shape, but he added he has been allowed to fulfil his vision. He said everyone is on the same page, while noting pointedly he hasn't always been blessed with that sort of creative relationship. S.H.I.E.L.D., premiering Tuesday, Sept. 24, on CTV, picks up where the film Marvel's The Avengers left off — tracking a team of skilled agents who investigate super-human people around the world.

THE ASSOCIATED PRESS

TV star reruns?

Robin Williams' role as an advertising executive in The Crazy Ones doesn't mark the only TV star returning to the world of situational comedy this fall. Here are some of the other big names taking another stab at the small screen

One of the most highly anticipated TV returns is Michael J. Fox, who will star in Global's The Michael J. Fox Show on Wednesdays starting Sept. 25. ALL PHOTOS CONTRIBUTED

The Kids in the Hall and News Radio's Dave Foley will star in the CTV mid-season replacement Spun Out, set in the world of PR disaster management.

Sean Hayes, who played Jack on the long-running Will and Grace, heads his own comedy, Sean Saves the World, on Wednesdays on Global starting Oct. 2.

It's an NBC Thursday night reunion of sorts with CTV's mid-season comedy Kirstie. It re-teams Cheers' Kirstie Alley and Rhea Perlman, and throws in Seinfeld's Michael Richards for good measure.

Law & Order: SVU and Oz actor Chris Meloni trades in his dramatic roles for a comedic turn as a stay-at-home dad on the mid-season CTV comedy Surviving Jack.

The West Wing's Allison Janney also returns to the small screen after her scene-stealing turn in The Way Way Back this summer. She teams with Anna Faris for the new Chuck Lorre comedy Mom, which starts on City on Sept. 23.

Notice of Hearing for Temporary Guardianship Order To

Chaz Hodges

Take notice that on the **16th day of September, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

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Old-school comedy goes quicker, faster and funnier

Package Deal.

Executive producer says character development takes a backseat to rapid-fire delivery these days

Package Deal airs Mondays on City starting Sept. 30. CONTRIBUTED

There was a time when an audience would hear how a show was "filmed in front of a live studio audience" rather than the rumbling ha-ha-has of a laugh track. City's new show Package Deal is a return to the old-school ways of comedy.

"It was my first time doing anything live," admitted Julia Votch, who plays the woman who comes between three close brothers in this original series.

"I haven't done theatre … so I was a bit nervous, but the first time hearing them laugh at you and what you are doing, it felt so great and it heightened everyone's performance."

Executive produced by Andrew Orenstein, and also staring Randal Edwards, Jay Malone and Harland Williams, the series was to premiere in the spring, and then summer, before being pushed into the fall by City.

It will now air Mondays starting Sept. 30, edged between How I Met Your Mother and 2 Broke Girls.

"For the first time in my career we were actually bumped for hockey," joked Orenstein, who worked on Malcolm in the Middle and 3rd Rock from the Sun. "I think it is a nice vote of confidence for the show that, you know, they looked at our show, and they went and looked at the other shows that they are buying, and thought, 'Well, heck, it would fit in nicely.'"

Orenstein says that in the last 10 or 15 years, the reality of situational comedy shows has changed. There used to be time to develop characters at the expense of rapid-fire jokes, but the reverse is now true.

"The world is quicker," he said. "You have to be quicker and faster and funnier."

METRO

Make way for the puck

"For the first time in my career we were actually bumped for hockey."

Executive producer Andrew Orenstein

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Katy Perry, Elton John, and Justin Timberlake will be among 30 nights of free concerts worth watching streamed live and on demand from the iTunes Festival in London this September.

Timberlake. Drop what you're doing, Justin needs you!

Justin Timberlake had people taking back the streets. GETTY IMAGES

Hundreds of people flooded the streets outside a New Jersey nightclub after Justin Timberlake took to social media about filming a commercial.

The singer tweeted on Wednesday: "Join me & @ Target tonight for just one song. Let's 'Take Back the Night.' First 150 get in. See you there!"

Fans jammed the street outside Maxwell's in Hoboken, and police used loudspeakers to control the crowd.

The Jersey Journal reports that Timberlake's wife, Jessica Biel, was spotted near his trailer.

The indie-rock club closed its doors after a 35-year run in July. THE ASSOCIATED PRESS

Long weekend tunes

SOUND CHECK
Alan Cross
scene@metronews.ca

Labour Day. The saddest long weekend of the year. Maybe there's something here that will cheer you up.

Skyfall/ Russian Army Choir

Six members of the army covering Adele for a Moscow morning show? James Bond gets respect, even in Russia.

One/ Yamantaka // Sonic Titan

These "Noh-wave" experimentalists (and former Polaris Music Prize Short Listers) from Montreal have a new album entitled UZU coming Oct. 29. I, for one, can't wait.

No Rain/Blind Melon

Isolated vocals — just the recording of the singing of well-known songs — are appearing online in increasing numbers. Here's what Shannon Hoon sounded like with all the music stripped away. No Auto-Tune here, kids.

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MMMBop? Hanson singing new Anthem

Interview. Isaac from Hanson talks about what it was like growing up in the industry and making a band work

RICHARD PECKETT
Metro World News in London

On hearing the name Hanson, most people will peppily reply by humming a quick chorus of MMMBop. But there's more to the band of brothers — Isaac, Taylor and Zac — than long flowing locks and that hit released back in 1997.

A lot's changed for Hanson since MMMBop.

They have 10 kids between them, their own label, they've released a beer called MMMHops and sold 16 million albums worldwide.

Tut tut to those of you who had them down as one-hit wonders.

The cherubic trio are celebrating their 21st anniversary as a band with the release of their sixth studio album, Anthem, which includes trademark soulful pop/rock tracks like Get the Girl Back.

Isaac Hanson.
EAMONN M. MCCORMACK/GETTY IMAGES

Metro chats with the band's oldest member, Isaac, on the run-up to their six-month world tour. Isaac spills about brotherly bickering, the industry's failings and not giving in to groupie temptation.

Has making your new album been easier than making a marriage work?
I think it's very similar to making a marriage work. It's probably more complicated because there are three people involved. Going into this album we had to make some real adjustments. We had been hitting the ground pretty hard after touring for the previous two years.

What happened during the recording of Anthem?
The initial blowout was because we were working on our fan club EP that we release every single year and we had been up really, really late a lot of nights in a row. People were stressed about what was coming and we were working on the song Tonight at about 2 a.m. We were frustrated with the process and I said something to Zac, Zac said something to me and so on. It ended with a few fists being thrown and people walking out.

Has your enthusiasm for music waned at all since you first started?
My enthusiasm for music has never waned.

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Michael Douglas and Catherine Zeta Jones

Jailbird Cameron thought to be reason why Douglas and Zeta Jones split

The recent split between Michael Douglas and Catherine Zeta-Jones was reportedly spurred along by tension caused by his incarcerated son, Cameron Douglas, according to Radar Online. "Cameron is in solitary confinement and hasn't seen his father in an eternity, as he can't have visitors. Michael is beside himself. It consumes him," a source says. "Cameron and Catherine never seemed to have a close relationship, and I think Michael always felt she just didn't care for the situation. He probably felt there was little sympathy from her toward him and Cameron." Cameron is expected to remain in prison on drug charges until 2018.

Twitter

@EmmaBunton
Have I missed anything??

@SarahKSilverman
Here's a fun fact. We are all 100% definitely going to die.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Let's cut Cyrus some slack and remember what we did in our crazy 20s

PAT HEALY
Metro World News in Boston

I'm just going to go ahead and say it: Miley Cyrus really doesn't care and I sort of love her for it. What? Don't look at me like that. The hipster dream sequence/American Apparel-ad on-acid spectacle that was the video for We Can't Stop was weird as hell, but it was also sort of amazing. And you all know it.

And here's the thing, people. Do you know how old Miley Cyrus is? She is 20 years old. Do you remember what you were doing at 20? Not caring about anything pretty much. Getting all kinds of messed up on all kinds of substances and making all kinds of mistakes. (Ahem, at least that's what I imagine YOU all were doing. I was studying for finals, in my pajamas, at all times.)

The difference between 20-year-old Miley Cyrus and 20-year-old you and me, however, is that we didn't have cameras documenting our every move. (Unless you did, in which case — hey, cool, thanks for taking time out of your fancy celebrity life and reading this column!)

So, in my estimation, Miley Cyrus is pretty much hitting all the normal, 20-year-old idiot signposts — and awesomely so.

Case and point: in response to the hysterics since her VMA performance (I'm having a little chuckle at my desk right now imagining middle-aged women furiously googling the word "twerk" and getting really, really confused) Miley did not issue some half-assed apology for slutting it up and having a good time via Twitter.

No, Miley instead began tweeting a bunch of slutty pics of herself — all of them featuring her bony butt from its least bony angle — by way of issuing the world a big middle finger. Get on with your bad self, Miley.

Zach Braff ALL IMAGES GETTY

Busy Braff keen to please all 46,000 investors of his imminent Kickstarter flick

After his hugely successful Kickstarter campaign to fund his next movie drew just as much criticism as support, Zach Braff knows he has something to prove as Wish I Was Here goes into production. "If this is the test case for this way of financing a movie, I want to set the bar really, really high," Braff tells E! News. Of course, having 46,000 investors for your film can be a bit daunting, but Braff says no one is getting short shrift. "If any of these 46,000 people email us or contact us, they get a response that day, hopefully within a couple of hours," he says. "We treat them like they're guests at the fanciest hotel and we're the concierge."

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Liquid Assets

Season's end sipper

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Coming from the Maritimes, I know that September can offer the best beach weather of the year. Even so, for the vast majority of Canadians the Labour Day is summer's last call.

Since the acknowledgment of hard work is the reason why we have this Monday off, I can't think of a better way to say a premature adios to summer than with a toast using something that took a little effort to create.

European bartenders have been mixing and matching their local liquids for decades, creating easy-to-make cocktails that more often than not have a wine base. All you need to get started is a bottle of white or sparkling.

In France's Burgundy region, Kir (using white) and Kir Royale (using sparkling) is made by adding a teaspoon of Crème de Cassis ($20.79 to $22.20) – a thick fruited blackberry liqueur — to the wine.

My favourite vino cocktail is The Spritz, invented in Northern Italy. Made with bubbly Prosecco, a dash of bitter Aperol ($21.99 to $26.98) aperitif and topped off with fizzy water, it's refreshing, no matter the season. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Marinades are the easiest way to add flavours to your meals. MATTHEW MEAD/ THE ASSOCIATED PRESS

One final summer long weekend hurrah

Marinades. Surprise your backyard get-together guests with some new flavours

Citrus marinades

Citrus juices are fairly acidic, which means they permeate and tenderize food quickly.

They work great as a base for marinades that you want to throw together just before dinner. For seafood, marinate for up to 30 minutes; chicken and steak can handle up to 2 hours.

Chipotle-Lime: Juice and zest of 2 limes, 2 tablespoons adobo sauce and 1 minced chipotle chili from a can of chipotles in adobo sauce, 2 cloves minced garlic, a hefty pinch of salt.

Orange-Cumin: Juice and zest of 1 orange, 1 tablespoon ground cumin, 1 teaspoon chili powder, 1 teaspoon garlic powder, a hefty pinch of salt. Try with haddock or chicken breasts.

Lemon-Herb: Juice and zest of 1 lemon, 1 tablespoon Italian herb blend, 1 teaspoon ground black pepper, hefty pinch of salt. Good on salmon or chicken thighs.

Vinaigrette marinades

Because vinegar is so aggressive, you'll want to temper it with oil. This helps carry the flavour into the food, as well as prevent the flavours from becoming too jarring. For fish, seafood and vegetables, marinate for 30 minutes and to up to 2 hours. For chicken, steak and pork, you can go for up to 8 hours.

Garlic-Balsamic: 2 tablespoons olive oil, 2 tablespoons balsamic vinegar, 4 cloves minced garlic, hefty pinch salt. Try with pork loin or steak tips.

Spicy Hoison: 2 tablespoons rice vinegar, 2 tablespoons hoisin sauce, 1 tablespoon vegetable oil, 1 teaspoon red pepper flakes, 1 teaspoon five-spice powder. Try on chicken tenders or scallops.

Maple-Soy: 2 tablespoons soy sauce, 3 tablespoons apple cider vinegar, 2 tablespoons maple syrup. Try with pork tenderloin medallions or cod.

Wine marinades

Wine is a great base for subtle marinades. Because they have a softer flavour than citrus or vinegar, you can use them to highlight other flavours. These marinades work especially well for hearty vegetables and meats. Marinate from 30 minutes to overnight.

Red Wine-Rosemary: 1/4 cup red wine, 1 tablespoon olive oil, hefty pinch each of salt and black pepper, 1 large stem rosemary, chopped. Try with portobello mushrooms.

White Wine-Mustard: 1/4 cup dry white wine, 3 tablespoons Dijon mustard, 1 tablespoon vegetable oil, hefty pinch each salt and black pepper. Great with chicken or eggplant.

Raspberry-Ginger: 1/4 cup sweet red wine, 1/4 cup seedless raspberry jam, 1 tablespoon vegetable oil, 2 tablespoons grated ginger, hefty pinch each salt and black pepper. Try on pork chops. THE ASSOCIATED PRESS

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SummersEND Music Festival

Headlining this year: the massive electro-house legend Calvin Harris, Sebastian Ingrosso, formerly of Swedish House Mafia, a live set by the Italian Bloody Beetroots, dubstep by the Canadian Destroid Live (Excision, Downlink, and KJ Sawka, drummer of Pendulum), Rusko (UK), Canadian Datsik, Dutch-house superstar, Chuckie, and more on Friday and Saturday at BMO Centre (20 Roundup Way S.E). Celebrate SummersEND in style while dancing to one of the most insane EDM line-ups Canada has ever seen.

Everest: 29,035 ft

This weekend is your last chance to check out Canada's Sports Hall of Fame's (169 Canada Olympic Rd. SW Canada Olympic Park) exhibit "Everest: 29,035 ft (8,850 metres)." It marks the 60th anniversary of the first ascent of Mt. Everest, the world's highest mountain. The Hall is open from 10 a.m. to 5 p.m. and admission is $12. There are tons of other exhibits to check out too, from the Splash experience where you get to try your hat at being a rower in their simulated rowing interactive, to the Ride, Hockey and Slide galleries.

10th Annual Unseen Art Show

This annual juried show at Art Point Gallery & Studios (1139 Adelaide St. S.E.) gives new and unrepresented artists a chance to be seen in a gallery. The show runs until Saturday and the gallery is open Thursday and Friday from 1 p.m. to 5 p.m. and Saturday from 11 a.m. to 5 p.m. The Gallery & Studios provides an accessible, attractive and affordable environment for local artists to produce and exhibit their artwork in an interactive studio gallery. 2013 Unseen artists include Amy Angheluta, Patrick Thomas Wood, Megan Ruhl and Michael Reynolds.

Run for Water

Go for a run on Saturday Sept. 7 as part of Calgary's Run for Water, an annual event that has raised over $120,000, all of which are donated to clean water projects in places like Ethiopia. You have the option of participating in the 5 km or 10 km walk or run. The race will be held at the Eau Claire Market located at 200 Barclay Parade S.W. and the course will take participants around the scenic Bow River pathways. Race times are 9 a.m. for the 10 km and 9:15 a.m. for the 5 km.

Design Talks at the Glenbow

On Thursday Sept. 5, the Glenbow Museum will be hosting an interesting talk on architecture. The discussion is being led by Design Talks and the evening will focus on the concept of "Brutalist" architecture (don't worry, it's not as scary as it sounds). "Brutalist" is a term used to describe modern architecture, which is quite commonplace in cities after the 1950s. The Glenbow is located at 130 9 Ave. S.E. The event begins at 6:30 p.m. and the suggested donation is $5 or more.

proarts

ProArts Lunchtime Concert

Tired of hitting the food courts at lunchtime? Consider packing a lunch and heading to the ProArts Lunchtime concert for a change of pace. Brad Mahon is an award-winning classical guitarist and musicologist who has travelled all around the United States and Portugal. The concert is being held Wednesday and the performance will start at noon at the Cathedral Church of the Redeemer (located at 604 1 St. S.E). ProArts is dedicated to promoting the vibrant arts scene of Calgary by hosting events in Calgary's cultural district. This event is free. For info, call 403 269 1904.

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Eugenie Bouchard returns a shot to Angelique Kerber at the U.S. Open in New York on Thursday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Bouchard bounced out in second round

U.S. Open. Montrealer has her serve broken seven times in loss to women's eighth seed

Montreal's Eugenie Bouchard fought off four match points before losing 6-4, 2-6, 6-3 to eighth-seeded Angelique Kerber on Thursday in the second round of the U.S. Open.

Bouchard was unable to match her third-round Wimbeldon showing last month.

The teen, ranked 59th in the world, finished with 41 winners and 43 errors against Kerber.

Bouchard broke six times on 14 chances but lost her own serve on seven occasions and committed seven double-faults.

Bouchard saved four match points through winners as she served trailing a set and 3-5 in the third. But a serving error handed Kerber a fifth winning chance, with the German taking the victory on Bouchard's wide forehand.

"It's always disappointing to lose, I'm a bit down about that," Bouchard said. "I felt I played well, I tried to be aggressive. But she's a good counter-puncher, every time I came to the net she passed me.

Seeing doubles

Toronto's Daniel Nestor and Vasek Pospisil of Vernon, B.C., combined for a first-round men's doubles win, beating India's Mahesh Bhupathi and German Philipp Petzschner 6-3, 7-6 (4).

- It was Nestor's first match since splitting from Swede Robert Lindstedt this month.

"My first serve was nowhere as good as it can be, but I made up for some of it with my second serve. But I need to work on my fitness as well as my mental strength. This match showed that I'm close, I was dictating and competing. But I need to get a bit more consistent."

The only Canadian to make it through to the third round of singles was Milos Raonic of Thornhill, Ont., who cruised past Spain's Pablo Andujar 6-1, 6-2, 6-4 on the men's side.

Aleksandra Wozniak of Blainville, Que., playing only her second match since March after last autumn's shoulder injury, faced a huge task against double Grand Slam champion Victoria Azarenka and lost 6-3, 6-1.

THE CANADIAN PRESS

Ben Johnson

Ex-sprinter worried about 'waning credibility' of sport

Disgraced sprinter Ben Johnson is the face of a new anti-doping campaign.

Pure Sport, which has been launched by a sportswear company, will see Johnson ask sports fans to sign a petition demanding action to "improve the waning credibility of world sport," while demanding a truth-and-reconciliation process across sport.

The Canadian was stripped of his Olympic gold medal and world record in the 100 metres at the 1988 Seoul Games after testing positive for steroids. After a two-year suspension, he received a lifetime ban in 1993 for a second positive doping test.

THE ASSOCIATED PRESS

NHL

B's sign Chiarelli to extension

The Boston Bruins have signed general manager Peter Chiarelli to a four-year contract extension through the 2017-18 season.

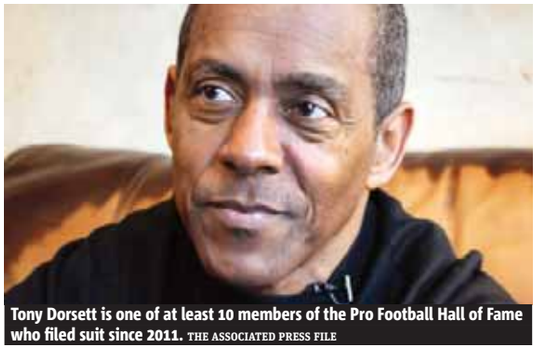
With Chiarelli in charge, the Bruins won the Stanley Cup in 2011 and went to the final last season. They've made the playoffs in six of the seven years he has been GM, going 50-35 in the post-season.

The Bruins have had a winning percentage of .596 under Chiarelli, who is also part of Team Canada's management group for the 2014 Winter Olympics in Sochi.

Chiarelli was assistant general manager of the Ottawa Senators before being hired by the Bruins in 2006.

THE CANADIAN PRESS

$765M deal: NFL settles concussion cases



Tony Dorsett is one of at least 10 members of the Pro Football Hall of Fame who filed suit since 2011. THE ASSOCIATED PRESS FILE

The NFL agreed to pay more than three-quarters of a billion dollars to settle lawsuits from thousands of former players who developed dementia or other concussion-related brain disorders they say were caused by the very on-field violence that fuelled the game's rise to popularity and profit.

The class-action settlement, unprecedented in sports, was announced Thursday after two months of court-ordered mediation and is subject to approval by a federal judge. It came exactly a week before the first game of the 2013 season, removing a major legal and financial threat hanging over the sport.

U.S. District Judge Anita B. Brody in Philadelphia is expected to rule on the settlement in two to three months but said it "holds the prospect of avoiding lengthy, expensive and uncertain litigation, and of enhancing the game of football."

More than 4,500 former players, some of them suffering from depression or dementia, accused the NFL of concealing the long-term dangers of concussions. THE ASSOCIATED PRESS

Allocation of funds

The majority of the $765-million settlement will go to compensating athletes with certain neurological ailments, plus plaintiffs' attorney fees.

- It sets aside $75 million for medical exams and $10 million for medical research.

Argos facing critical stretch without Ray

CFL. Star QB out for six weeks with rivalry matchups on horizon

Argos QB Ricky Ray was injured on this hit from the Stampeders' Charleston Hughes last Friday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

The Toronto Argonauts are Zach Collaros's team for the foreseeable future.

Collaros takes over as the starting quarterback after Argos coach Scott Milanovich dropped a bombshell Thursday, announcing incumbent Ricky Ray is out approximately six weeks with a shoulder injury.

Ray, 33, was injured in the first quarter of Toronto's 35-14 home loss to Calgary last Friday. After throwing the ball away, a scrambling Ray extended his right arm to brace his fall upon being hit by Calgary defensive lineman Charleston Hughes.

"Ricky has a partial tear (in) a muscle in his shoulder that's called the teres major, Milanovich said. "I've been informed that's not part of the rotator cuff.

"He's going to be out approximately six weeks. It could be a couple of weeks less or a couple of weeks more depending on how he responds to his rehab."

The teres major muscle is located in the back of the shoulder. It helps rotate and extend the arm and damaging it causes pain in the back of the shoulder, back and upper arm.

Fortunately, Ray won't require surgery. But Toronto (5-3) — which tops the East Division ahead of Hamilton (4-4) and Montreal (3-5) — will be minus its offensive catalyst for an important stretch that includes a home-and-home series with the Alouettes and a road trip to Regina, Calgary and Edmonton before hosting the arch-rival Ticats on Oct. 4.

"Pressure is what you make (of) it," Collaros said. "As long as we're prepared as a team and I'm prepared I think we all feel comfortable out there."

"We have a big home-and-away series with Montreal. ... we just have to get after it this week and be ready."

THE CANADIAN PRESS

Taking it too far

"I think it's ridiculous. It was a clean hit."

Argos head coach Scott Milanovich on Charleston Hughes' hit on Ricky Ray last week. Hughes said he received multiple threatening emails through his personal website for the hit.

CFL

Williams ruled a free agent by provincial court

The CFL Players' Association says disgruntled receiver Chris Williams is now a free agent following an Ontario Superior Court of Justice ruling.

On Thursday, the court issued a ruling quashing an arbitrator's decision in June that Williams's contract with the Hamilton Tiger-Cats was binding even though the club violated the CFL's collective bargaining agreement with the CFLPA.

"It is the position of the CFLPA that Chris Williams is now a free agent and able to sign a contract in the NFL or another CFL club," the union said in a statement.

Williams, 25, the CFL's top special-teams player last season, went to arbitration asking to be released from the final year of his contract with Hamilton to reportedly pursue NFL offers.

THE CANADIAN PRESS

MLB

Typical outing for Tillman as Orioles top Red Sox

Chris Tillman pitched seven strong innings to earn his 15th victory of the season and the Baltimore Orioles beat the Boston Red Sox 3-2 on Thursday night to avoid a three-game sweep.

The loss left the Red Sox 2 1/2 games ahead of the Tampa Bay Rays in the AL East.

Manny Machado had two hits for the Orioles, including a two-run double that gave them the lead for good in the third inning. Danny Valencia had two doubles, and Adam Jones also had a pair of hits for Baltimore.

Tillman (15-4), who had never won more than nine games in a season before this year, allowed two runs and six hits while striking out eight. Only Detroit's Max Scherzer, who has won 19 games, has more major-league victories this season.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	79	56	.585	—
Tampa Bay	75	57	.568	2½
Baltimore	71	61	.538	6½
New York	70	63	.526	8
Toronto	**60**	**74**	**.448**	**18½**

CENTRAL DIVISION

Detroit	78	56	.582	—
Cleveland	71	62	.534	6½
Kansas City	69	64	.519	8½
Minnesota	57	75	.432	20
Chicago	56	76	.424	21

WEST DIVISION

Texas	78	55	.586	—
Oakland	75	58	.564	3
Los Angeles	60	72	.455	17½
Seattle	60	73	.451	18
Houston	44	89	.331	34

Thursday's results
Baltimore 3 Boston 2
L.A. Angels 2 Tampa Bay 0
Seattle 3 Houston 2
Kansas City 3 Minnesota 1
Detroit 7 Oakland 6
Wednesday's results
Toronto 7 N.Y. Yankees 2
Oakland 14 Detroit 4
Texas 12 Seattle 4
Tampa Bay 4 L.A. Angels 1
Chicago White Sox 6 Houston 1
Kansas City 8 Minnesota 1
Boston 4 Baltimore 3
Friday's games
All times Eastern
Baltimore (Gonzalez 8-6) at N.Y. Yankees (Sabathia 11-11), 7:05 p.m.
Kansas City (Santana 8-7) at **Toronto (Buehrle 10-7)**, 7:07 p.m.
Cleveland (McAllister 7-7) at Detroit (Porcello 10-7), 7:08 p.m.
Chicago White Sox (Santiago 4-7) at Boston (Dempster 6-9), 7:10 p.m.
Minnesota (Hendriks 0-2) at Texas (Darvish 12-5), 8:05 p.m.
Seattle (Walker 0-0) at Houston (Peacock 3-4), 8:10 p.m.
Tampa Bay (Price 8-5) at Oakland (Parker 10-6), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	81	52	.609	—
Washington	68	65	.511	13
Philadelphia	61	73	.455	20½
New York	60	72	.455	20½
Miami	49	83	.371	31½

CENTRAL DIVISION

St. Louis	78	55	.586	—
Pittsburgh	77	56	.579	1
Cincinnati	75	59	.560	3½
Milwaukee	59	74	.444	19
Chicago	56	77	.421	22

WEST DIVISION

Los Angeles	78	55	.586	—
Arizona	68	64	.515	9½
Colorado	63	72	.467	16
San Diego	60	73	.451	18
San Francisco	59	74	.444	19

Thursday's results
Atlanta 3 Cleveland 1
Milwaukee 4 Pittsburgh 0
N.Y. Mets 11 Philadelphia 3
Washington 9 Miami 0
Wednesday's results
Colorado 5 San Francisco 4
Atlanta 3 Cleveland 2
Philadelphia 6 N.Y. Mets 2
San Diego 5 Arizona 1
Cincinnati 10 St. Louis 0
Pittsburgh 7 Milwaukee 1
Washington 4 Miami 3
L.A. Dodgers 4 Chicago Cubs 0
Friday's games — All times Eastern
Philadelphia (Halladay 3-4) at Chicago Cubs (Samardzija 8-11), 2:20 p.m.
St. Louis (Miller 12-8) at Pittsburgh (Liriano 14-6), 7:05 p.m.
N.Y. Mets (Gee 9-9) at Washington (Zimmermann 15-7), 7:05 p.m.
Miami (Fernandez 10-5) at Atlanta (Teheran 10-7), 7:30 p.m.
L.A. Angels (Weaver 8-7) at Milwaukee (Peralta 8-13), 8:10 p.m.
Cincinnati (Arroyo 13-9) at Colorado (Manship 0-4), 8:40 p.m.
San Francisco (Lincecum 7-13) at Arizona (Delgado 4-4), 9:40 p.m.
San Diego (Stults 8-11) at L.A. Dodgers (Ryu 12-5), 10:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	8	4	4	0	203	219	8
Montreal	8	3	5	0	195	239	6
Winnipeg	8	1	7	0	167	247	2

WEST DIVISION

Saskatchewan	8	7	1	0	264	177	14
Calgary	8	6	2	0	261	200	12
B.C.	8	5	3	0	207	203	10
Edmonton	8	1	7	0	188	235	2

WEEK 10
Friday's game — All times Eastern
Hamilton at B.C., 10 p.m.
Sunday's game
Winnipeg at Saskatchewan, 4 p.m.
Monday's game
Edmonton at Calgary, 5 p.m.
Tuesday's game
Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	5	41	35	41
New York	11	9	6	38	34	39
Kansas City	11	9	6	36	26	39
Philadelphia	10	8	8	37	37	38
New England	10	9	6	34	24	36
Houston	10	8	6	29	28	36
Chicago	10	10	4	30	34	34
Columbus	8	12	5	29	34	29
Toronto	4	12	9	22	34	21
D.C.	3	17	5	15	41	14

WESTERN CONFERENCE

Salt Lake	13	8	6	48	33	45
Los Angeles	12	9	4	40	32	40
Colorado	10	7	9	33	27	39
Portland	9	4	12	37	26	39
Seattle	11	8	4	31	26	37
Dallas	9	7	10	36	38	37
Vancouver	10	9	6	36	33	36
San Jose	9	10	7	28	37	34
Chivas	5	14	6	24	45	21

Friday's games — All times Eastern
New England at Toronto, 7 p.m.
Portland at Real Salt Lake, 10 p.m.
Saturday's games
Seattle at Columbus, 7:30 p.m.
Montreal at Philadelphia, 7:30 p.m.
D.C. at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

SALES REPRESENTATIVE

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Horoscopes

♈ Aries
March 21 - April 20
You have met so many challenges lately that you are entitled to back off — but you won't. Mars, your ruler, is urging you to go on the attack. Keep the pressure on your rivals, and on yourself.

♉ Taurus
April 21 - May 21
There are a number of things you no longer need in your life and now is the time to get rid of them. You know what they are and how they are holding you back, so go on and purge.

♊ Gemini
May 22 - June 21
It will be easy to go over the top and say something you don't really mean — and the consequences could be costly. You don't need to be so forthright in your opinions.

♋ Cancer
June 22 - July 23
Your mind is moving super fast at the moment, thanks to the positive influence of Mercury. But others won't be so quick in the brain box department, so make allowances and spell out the answers for them.

♌ Leo
July 24 - Aug. 23
You must resolve to stay the course, whatever the temptation may be to cut your losses and get out. Your solar chart indicates that it will all work out right in the end.

♍ Virgo
Aug. 24 - Sept. 23
Even if the facts are on your side, you could be in a difficult position today because friends and colleagues have got it completely wrong and you don't want to embarrass them. Still, the truth is the truth.

♎ Libra
Sept. 24 - Oct. 23
Your popularity will soar over the next few days and people in positions of power will go out of their way to do you favours. Bear in mind though that they will expect those favours to be returned.

♏ Scorpio
Oct. 24 - Nov. 22
You are not the kind to let people dictate to you but cosmic activity in the career area of your chart suggests you may have to today. Try not to antagonize authority figures.

♐ Sagittarius
Nov. 23 - Dec. 21
A Sun-Saturn link will boost your self-discipline and make it easier for you to complete tasks that you might otherwise lose interest in. It's not true that Sags lack in staying power. Prove it.

♑ Capricorn
Dec. 22 - Jan. 20
There may be no logical reason why a certain person gets on your nerves but they do and there isn't much you can do about it. What you can do, of course, is stay out of their way for the next 24 hours.

♒ Aquarius
Jan. 21 - Feb. 19
Don't allow yourself to be talked into supporting a cause you don't believe in. Just because it is the fashionable thing does not make it right.

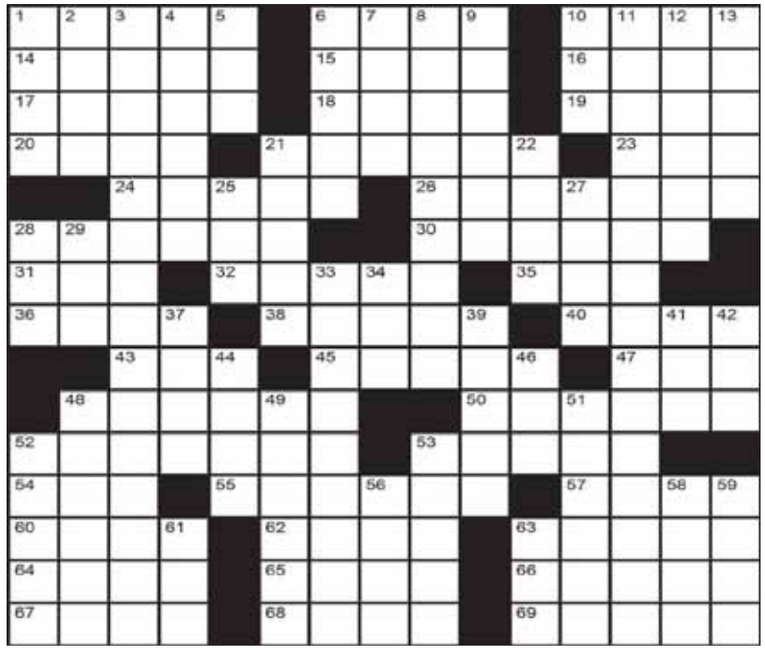
♓ Pisces
Feb. 20 - March 20
There is no point trying to explain why you have chosen to follow a certain course — few people are likely to understand. The only thing that matters is that you believe you are doing the right thing. Do you?

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

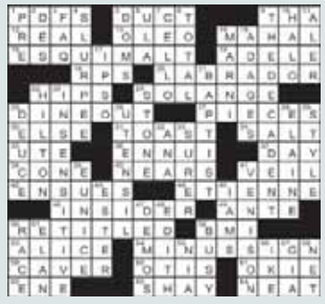
BY KELLY ANN BUCHANAN



Across
1. Apple, in Quebec City
6. Boxing blows
10. Cook's crackees
14. Vestibule
15. Fit
16. Ms. Loughlin of "Full House"
17. "Over There": Composed by George M. __
18. 'Proper' word?
19. String problem
20. Ladies
21. Swanky neighbourhood of Winnipeg
23. __ and flow
24. "__, __! I remember now!"
26. Escape; or, Selena Gomez's new movie
28. Fellini film, "La __" (1954)
30. Restrain: 2 wds.
31. Furry friend
32. "...upon so __ __ subject as myself." - Bit of Romeo and Juliet
35. Big hurricane, __. 5
36. Longbow woods
38. Hen's home
40. Crevice-filling wedge
43. Q. "What's the opposite of 'out'?" A. "'__', _ think."
45. Ms. O'Donnell
47. Numerical prefix
48. Mini burger
50. Vancouver-born actor James who played Scotty on "Star Trek"
52. Certain cracker
53. Category
54. "Babe: __ in the City" (1998)
55. Mary-Kate and Ashley
57. Venerations
60. Moisturizer
62. "Make __ __." ("Star Trek: The Next Generation" catchphrase)
63. Sharpshoot
64. Not ruffled
65. Crease
66. President Nixon's first VP, Spiro __
67. Rubik's Cube inventor, __ Rubik
68. Genuine
69. Gives up control

Down
1. Mil. ranks
2. "Wooow!"
3. Celine Dion hit: 5 wds.
4. Fredericton-born soprano Ms. Brueggergosman
5. Sea eagle, variantly
6. Roman Myth: God of beginnings
7. "...like _ __ of chocolates..." - Forrest Gump
8. Country sound
9. E-Mail getter, say
10. Antlered animal
11. Film classic on Vancouver-born actress Ann Rutherford's resume: 4 wds.
12. Josh of song
13. Be indifferent: 2 wds.
21. "Coffee, __ __ milk?"
22. Ear-related
25. NFL measurements
27. Collections of anecdotes
28. Mata Hari, for one
29. Little laugh, __-hee
33. Montreal-born opera great, Maureen __
34. Also
37. Miffed state
39. Rolling-to-shore waters
41. Mr. Gershwin
42. Maximum opp.
44. Prefix to 'syncrasy' (Mannerism)
46. Time type
48. Popeye's profession
49. Join the army
51. Netflix prison-set series, "__ Is the New Black"
52. Astronomer's interest
53. Pointed-hat garden ornament
56. Classic tongue-twister bit, "__ Wood sawed wood."
58. Blade in sports
59. Uses needle-and-thread
61. Jeff Lynne's gr.
63. Pouch

Yesterday's Crossword

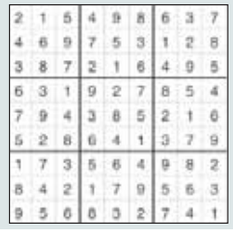


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		4	1		6	3		7
		5	8		4	9		
	7						8	
			3		7			
1								2
			9		2			
	4						3	
		2	7		5	1		
5		8	4		1	7		9

Yesterday's Sudoku



Weather

TODAY	SATURDAY	SUNDAY
MAX: 25° MIN: 12°	MAX: 24° MIN: 9°	MAX: 26° MIN: 8°

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